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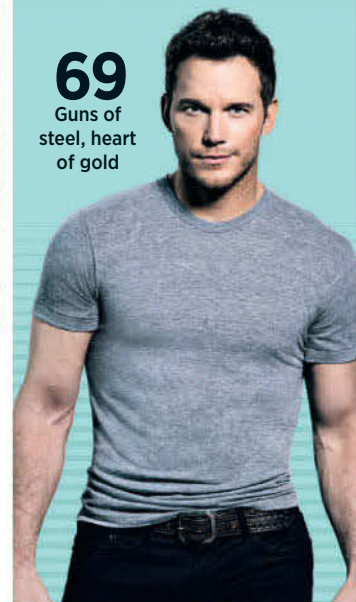
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The image is a full-page advertisement for Pandora Rose jewelry. It features two necklaces against a soft, light pink background. The necklaces are made of a silver-toned metal chain and are adorned with various charms. Some charms are rose gold, some are silver-toned, and some are clear crystals. The charms include hearts, spheres with different textures, and a small bow. A wide, light pink ribbon is draped across the necklaces, adding a soft, flowing element to the composition. The text "Express your unforgettable moments..." is positioned in the upper left, and "Introducing new..." is in the lower right. The Pandora Rose logo is prominently displayed in the lower right, with "PANDORA" in a bold, sans-serif font and "Rose" in a large, elegant script font.

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MY SUMMER HOLIDAY MUST-HAVES



If you're on holiday countdown, it's quite likely that you will have spent a *third* of the overall cost of your trip on new clothes. Scary. It never

seems that much when you're just popping out in your lunch break to pick up the 'essentials' here and there, but it really adds up.

To help me to budget smarter this year, I've enlisted the help of *Cosmo* Fashion and Style Director Shelly Vella. Here are her four holiday must-haves:

1 A flattering bikini or swimsuit that makes you feel great. It sounds obvious, but you want to put it on and forget about it, without having to fiddle with your straps all the time. But do really I need to buy a new one every year? "People don't realise just how much damage salt water, sun, chlorine and washing can do to fabric," says Shelly. "Bikini ties often go curly. For longer life, always rinse in clean water every evening"

2 The perfect sundress that can easily take you from day to night.

3 A beach-to-bar kaftan. "You'll probably wear this more than any other item during your holiday – and

it's perfect for covering up sunburn (don't forget SPF!)," says Shelly. Airport shops often do brilliant ones.

4 Flat sandals. Choose from cool statement sliders or poolside-pretty styles – they'll be your feet's best friend all summer.

Hopefully I won't see you in the excess-baggage queue...

Louise

Louise Court (Editor-in-Chief)

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Let's teach all women they're beautiful

I can't believe the lengths women in Venezuela go to in an effort to look 'beautiful', as reported in your June feature. Astrid's campaign to improve women's self-esteem is inspiring, and I couldn't agree more that we need to teach girls they're gorgeous *exactly* the way they are.
Hannah, Cambridge

Sharon, Chester

I read Jameela Jamil's column, 'Would It Kill Us To Be Nicer To Each Other?' (June) on life in LA, and I have to agree! I visited California on a work trip and saw what a carefree lifestyle they have. The locals exuded confidence. In the UK we need a kick up the backside to make us believe we can achieve anything. It's time for a morale boost!

@newfizzthompson

Totally related to *Stop Your Brain Being Your Worst Enemy* [June], going to try to worry less and just do it!!!

#TRENDING

This month's six hottest topics over at Cosmopolitan.co.uk

If he knows your Nando's order by heart, it's gotta be true love. Right?

► Discover the signs your boyfriend is also your BFF over at Cosmopolitan.co.uk/boyfriendbff

Do you have quadboob syndrome?

► Check out this and the other telltale clues you're wearing the wrong bra at Cosmopolitan.co.uk/wrongsize

34 beauty memes so on point you'll want to Instagram them immediately

► Because with great eyebrows comes great responsibility: Cosmopolitan.co.uk/beautylols

From vajayjay to bajingo...

► See if your favourite vagina nickname made it on to our list at Cosmopolitan.co.uk/vajayjay

15 reasons why you're hungrier than your mates

► You can now *totally* justify that extra side of fries. See why at Cosmopolitan.co.uk/hungrier

How are there still people who've never seen *Friends*?

► Discover people who DGAF if Ross and Rachel were on a break at Cosmopolitan.co.uk/nofriends



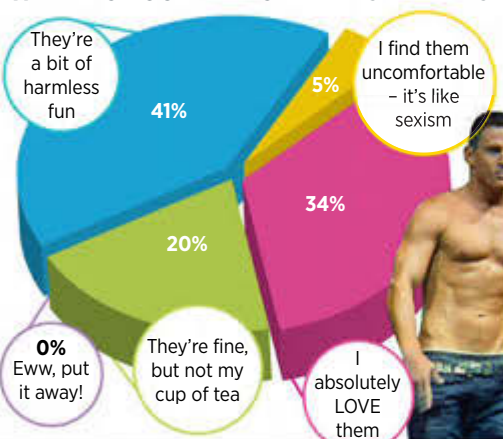
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This cute snap of HRH Charlotte Elizabeth Diana captured your hearts

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GUIDE TO
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MONTH

The tennis ace

OK, we may not *all* be able to hit a tennis ball at 120mph – but there is a lot we can learn from tennis star Serena Williams. She comes to the UK this month as the Wimbledon circus hits town, and is favourite to win the title again. If she does, it will be her 20th grand-slam victory since she blew us away at the US Open aged 17. In total, she's taken home an incredible 65 singles titles in tournaments the world over.

Her rise to the top hasn't been easy. As a child, Serena, now 33, and Venus, 34 – her sister and fellow tennis queen – trained on courts littered with potholes and broken nets in Compton, California, an area well known for gang violence. In 2003, her elder half-sister (and personal assistant) Yetunde was tragically killed in a drive-by shooting, aged 31. Then, eight years later, Serena suffered a life-threatening blood clot. But her courage and determination kept her going – and learning. She said at the time, "This has given me a whole new perspective on life and my career, and not taking anything for granted."

Serena's immense spirit is enviable. She's a perfectionist who wants to win. But, she says, "It's lonely at the top. You're a target. Everyone wants to beat you; you get a lot more criticism. God forbid I lose. It's like, 'Why?' Well, I *am* human..."

But she knows how to ignore her critics. "I wasn't always confident... I had to learn how to embrace myself and my curves," she says. "And that's something a lot of people can relate to."

Despite having played tennis for nearly three decades, Serena isn't slowing down. "I have a desire to be better than ever," she says. "I'm never, ever satisfied. I always want to do more, be more, reach a new level – not just in tennis, but in everything."

Oh, and by the way, look out for her fierce nail art on court...

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‘Why *The One* is a dangerous myth’

Can one man ever give you everything you need, asks our columnist Jameela Jamil?

Love is composed of a single soul inhabiting two bodies’ – Aristotle. What a load of bollocks. I know, I know... he’s one of the greatest thinkers of all time, while I don’t even have A-levels.

But this is the kind of romantic propaganda that countless films and books have cashed in on, leaving us all feeling relentlessly underwhelmed and incomplete – and I believe that Hollywood is hugely responsible for the amount of unhappily single people in the world right now.

Two bodies having ‘one soul,’ being ‘destined’ for each other, everything magically working out forever because it’s ‘meant to be’... It just doesn’t cut it long-term. Nope: you need lots of patience and understanding to make a relationship work – and that’s only if you *want* it to.

We’ve been force-fed this fantasy for decades; enough to brainwash generations of people into looking for the ‘perfect’ person. But it’s poison, because the perfect person *doesn’t exist*.

Even if you find someone who’s perfect for you, we all change and

evolve – and it’s not a given that that person will grow with you.

I’m not saying I don’t *love* love. I’ve loved many men, albeit some less than others (boyfriend number two, I’m looking at you). And each love is different, so you learn and grow from it. Yet I left a few of my earlier relationships because they weren’t like the love I saw in the movies.

Not only do films rarely get into the nitty-gritty of the unrelenting sacrifice it takes to see a relationship through to the end, we’re also conditioned to believe we can only find happiness in another person. Life is portrayed as one big *X Factor*-style search for love, in which we have to find everything we need in just one other human being. And if it’s real, it’s going to last forever, otherwise it’s a waste of time and energy.

Before we go on, let me quickly explain that I’m certainly *not* telling >



you to settle for any old pillock with a pulse. It's important to feel loved, cherished, respected and supported. It's also important to feel attracted to someone, and feel as though they are attracted to you.

We all have needs to be met. But it's a good idea to establish exactly what those needs are, whether you need them all to be met by just one person – and if you need them all to be met right now.

I've just turned 29, and if I don't find the man I'm going to spend the rest of my life with for another decade or so, that's fine. The rest of your life is (hopefully) a really long time, especially for the same two people to be involved in each other's business and bed.

Those are the same two balls I'll have to see day in and day out, so I'm happy to indulge in a little more variety until I have to deal with that. I'm not just talking about flings; I think a few more three- to five-year relationships with Mr Right Now would do me good...

Because I've learnt that love is an unpredictable, inexplicable clusterfuck of the human psyche. We're obsessed with it, which is why we have so many apps and websites dedicated to finding it. It's like Dial-a-dick! (And this in itself contributes to the struggle to maintain tunnel vision for just one person for the rest of your life.)

We're bombarded daily by choice. We're *drowning* in it. Our attention spans are under fire all day, every day. There are more bullets than ever to swerve in order to find that special love and keep it safe, and the honeymoon period ends if you don't work your arse off to keep it alive.

Humans are conditioned to adapt, so we get bored easily and are prone to start taking things for granted, without realising we're doing it. You don't get a job you *really* want, then stop trying because you've already landed it – and you definitely can't get away with similar behaviour in matters of the heart.

But if it *doesn't* work – if that effort starts feeling a bit too much – that's OK. There are billions of people in

the world, and many people out there for you. You don't have to be scared of leaving a relationship for fear that you won't meet anyone else, because the odds are massively in your favour – no matter who you happen to be, or how big or small your tits are.

I understand the need to find a partner for parenting purposes, but while the idea of 'The One' is lovely, it's highly impractical (and if it doesn't work out, raising a child separately, with respect and love, *is* possible).

Yes, there can be one person you dedicate yourself to (with a little more struggle than you're ever warned about) but it doesn't mean that's the *only* person in the world you could love, or who could love you.

Not all love needs to be this all-consuming, perfect thing all the time. And not all love has to last forever. It can just be for now. It's OK if he or she

is great in bed, but not great with all your friends. You can just enjoy the bed part for now, then move on.

Or they may be great with your friends *and* great in bed, but not have any ambition. That's OK too – you don't have to settle down with them. Love

can be palpable and exciting and real, but it might still have a sell-by date. It's not a crime to change your mind.

It's also totally acceptable to vary the doses of love you dole out to people – it doesn't need to be all-or-nothing.

Don't make the hype make you feel bad about anything. Do what feels good, and try to complete yourself, because I find it's so much more fun to *want* someone, rather than to *need* them. And remember that every match is different. Take your love-life plan and throw it out the window. It's supposed to be fun – the exact opposite of paying bills and getting smear tests.

But when you find someone, focus on the now – and let 'later' work itself out.



Follow Jameela @jameelajamil

DO YOU AGREE WITH JAMEELA?
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Celebs on The One



"I waited because I didn't want to settle. Now I've got the best man ever. My special man. He's mine."

Cameron Diaz, who wed husband Benji Madden in January



"We should love, not fall in love, because everything that falls gets broken." **Taylor Swift leaves a Blank Space for Mr Right**



"Maybe I'm not looking anymore."

I figure if someone's there, they can come and find me." **Kylie admits that finding the right person isn't easy**



"I happen to believe your soulmate doesn't have to be your partner – your soulmate could be your best friend, your sibling – it doesn't have to be the person you marry." **Cheryl Fernandez-Versini gets philosophical**



"He's my buddy. I'm very happy. He's someone I can always rely on."

Scarlett Johansson on husband Romain Dauriac ♦

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The All-New Jeep Renegade available from only £16,995 OTR. To book a test drive or for more information, visit jeep.co.uk or your local dealer.

Jeep, with



Model shown Jeep Renegade 1.4 MultiAir II 140 hp Limited 4x2 Manual at £22,395 OTR. OFFICIAL FUEL CONSUMPTION FIGURES FOR JEEP RENEGADE RANGE MPG (L/100KM): EXTRA URBAN 48.7 (5.8) – 70.6 (4.0), URBAN 32.1 (8.8) – 51.4 (5.5), COMBINED 40.9 (6.9) – 61.4 (4.6); CO₂ EMISSIONS: 160 – 120 G/KM. Fuel consumption and CO₂ figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions. Factors such as driving style, weather and road conditions may also have a significant effect on fuel consumption. Jeep® is a registered trademark of FCA US LLC.



JENNIFER LOPEZ



EMILY BLUNT



JESSICA CHASTAIN

Inside
THE
TREND
Celebs are doing
it - here's how you
can too

Bronze metallic eyes

We tried it...

1 Apply bronze eyeshadow all over the lid, right up to the socket line and slightly under the lower lashes. Be bold! Now blend like crazy with a soft eyeshadow brush - you don't want any harsh edges. Sticking to one shade all over keeps the look cool and modern.

2 Trace brown eyeliner along your upper and lower lashlines - it's so much more flattering than harsh black. Add mascara, peachy blusher and neutral lipgloss.

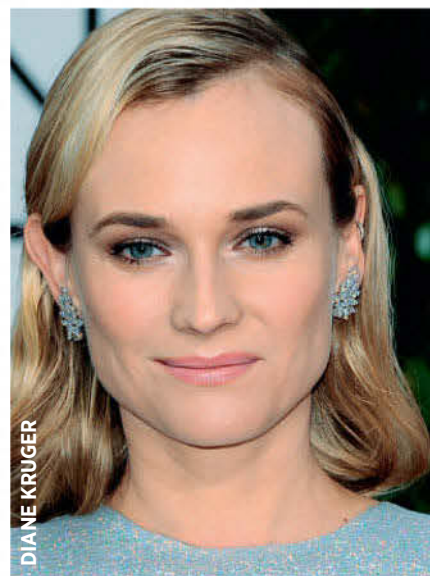
3 Want to switch it up for the evening? Add loads more black mascara, beef up your brows and go slightly stronger on the lips - but don't add any more colour to your eyes.

"This is a gorgeous twist on the classic smoky eye and will look great with a tan"

Kate, Beauty Editor

Top trick

Deep, coppery shades might seem scary, but are actually way more flattering around the eyes than yellow-golds. A high-shine metallic finish will really make your eyes sparkle, but don't go too glittery.



DIANE KRUGER

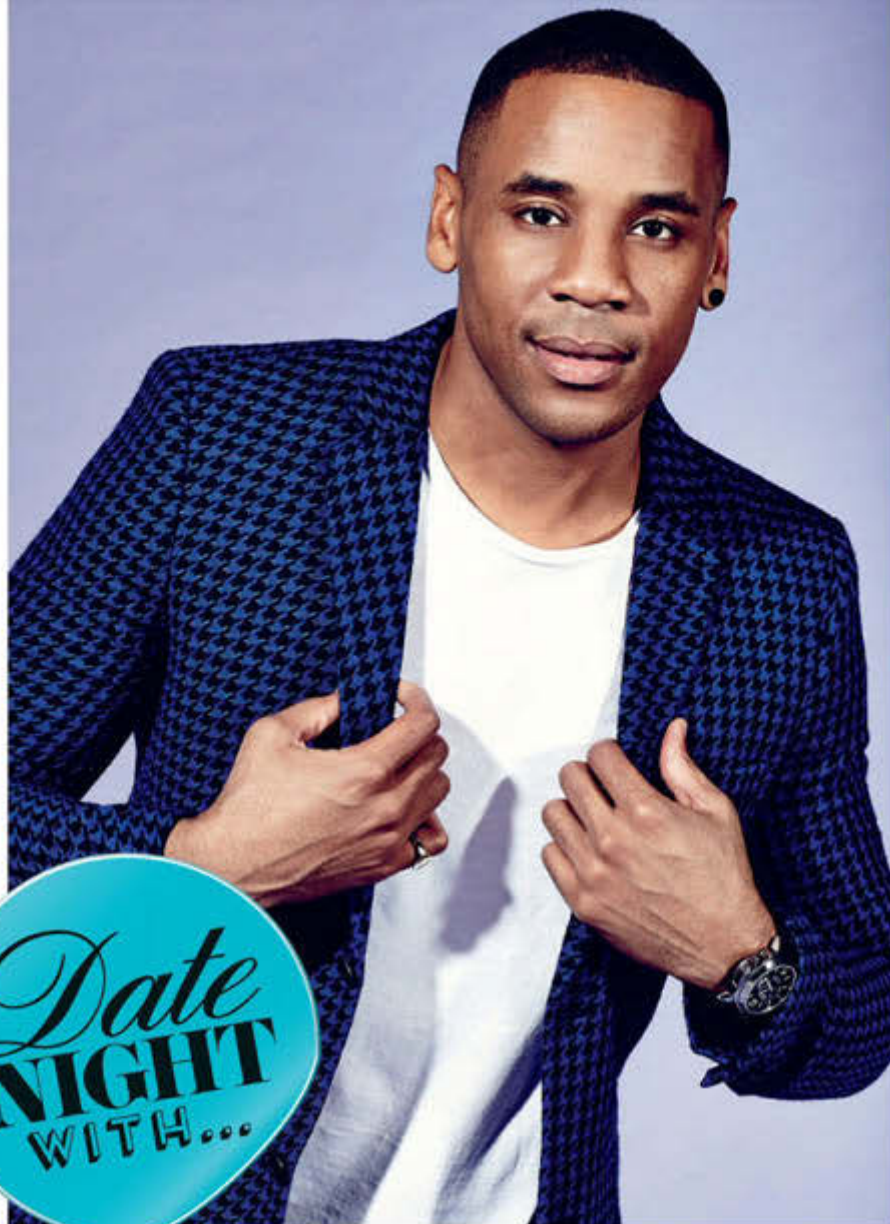
The kit...

Topshop Mono Eyeshadow in Galaxy, £5

Max Factor Masterpiece Glamour Extensions Mascara, £10.99

Urban Decay 24/7 Glide-On Eye Pencil in Underground, £15

Autograph Pure Luxe Multi-Blusher in Soft Coral, £12.50



Reggie Yates

The TV presenter, 32, is taking us for an Italian – and hoping we'll want to watch the football

Where's your perfect date-night spot?

"We'd have to go to an amazing restaurant, such as Polpetto in London's Soho. My fiancée Tia and I are both massive foodies. Tia's an amazing cook – I don't even come close."

What attracts you to a woman?

"I think it's so sexy when a girl makes the first move. It's nice if a guy can see that you're totally comfortable in your own skin. Be funny and honest and cool. Cheesy chat-up lines kill things before they even begin."

What would put you off?

"If you were tense, giggled all the time or didn't have anything

to say. Guys want to be able to hang out without feeling a level of pressure. We want a mate as well as a partner. Try to be as relaxed as possible."

Were you wild in your single days?

"[Laughs] Erm, I knocked about in my younger years. Let's just say I calmed down a hell of a lot when I met Tia [three years ago]. What do I miss about being single? Eating cereal in my underwear on the sofa was pretty great."

What does your ideal romantic night in involve?

"I'm a bit nerdy and I love a good documentary. But I'm also obsessed with *Breaking Bad*. Really obsessed. Tia and I went on holiday to Thailand and spent most evenings watching it."

What are the toughest challenges in a relationship?

"Finding that middle ground, and ways of working together. It takes time to get to that. I'm by no means an expert, but I reckon good relationships are all about communication, so if you're not willing to put the time in, then you're doomed."

When did you realise that Tia was The One?

"On our first date she took me to one of her favourite restaurants in south London. There was a big football match on and my team Arsenal were

playing, so I kept checking the score on my phone under the table. She noticed, placed her phone on the table and put the match on so that we could both watch it while we were eating. That's when I knew she was special!"

What's the best dating advice you've been given?

"When I was 14, I was convinced that girls wouldn't like me. A mate who was a lot older said to me, 'Reg, you're all right. Don't worry about what anyone else thinks.' And I thought, 'Oh, OK. So, I don't have to pretend to be someone else?' As soon as I realised that, my shoulders dropped and I relaxed around girls. It suddenly wasn't weird talking to them anymore."

Google stalk!

The obligatory pre-date check-up of Reggie threw up the following results...

- He spent six months planning his proposal to model Tia Ward over New Year's 2015 in Brazil, and designed the ring himself.
- He's a massive trainer geek and at one point had more than 600 pairs.
- His first presenting gig was *Top Of The Pops* when he was 18 and he wore a 'bloody awful' brown corduroy suit.
- After spending a week living in a slum in Kenya for Red Nose Day 2011, he donated half his clothes to charity (brown cord suit included, we hope).
- Before he met Tia he was linked to Kelly Rowland and model Jourdan Dunn.

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TONI & GUY

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Oriental styling

Eastern prints and shapes were all over the catwalks – and there's no need to look like a Miss Saigon extra



Weekend

Platform shoes with a soft pyjama blouse is an easy way to wear the trend. Add super-flared jeans with raw edges for a modern look.

Features Writer Harriet Thurley
wears: Shirt, £150, Rabens Saloner. Jeans, £68, Free People. Shoes, £50, Topshop. Bag, £35, Accessorize. Rings, £14 for pack of six, Freedom at Topshop

Follow Harriet @harriet_thurley

Flamboyant

Want to make a statement? Try wide-leg, orchid-printed trousers. Contrast bold, printed bottoms with plain colours on your top half. Feeling shy? Go for a patterned skirt instead.

Junior Designer Jessica Lockett
wears: Top, £39, Coast. Trousers, £99, H&M. Shoes, £135, Reiss. Ring, £6.50, Dorothy Perkins

Follow Jessica @JessicaLockett

Layer it

A kimono-style jacket is perfect for this trend. Layer over monochrome, textured pieces. The cut of these jackets also makes them the perfect summer cover-up.

Junior Fashion Editor Holly Coopey
wears: Kimono, £45, Oasis. Top, £42; culottes, £36, both Topshop. Shoes, £99, Dune Black

Follow Holly @HollyCooep >

HOW THE A-list WEAR IT...

Take inspiration from FLORENCE WELCH in Gucci and wear top-to-toe Eastern prints for a statement outfit – just add heels.



Go for a deep V neckline and structured sleeves like NIKKI REED – belt it and keep your accessories simple.

Keep up with what trends the Cosmo fashion team are wearing at Cosmopolitan.co.uk/howdowearit

Want something more subtle? KENDALL JENNER's minimal white wrap-effect top-and-trouser combo is the perfect nod to this trend.

Judo jackets

£30, River Island

£16, George

DON'T wear lots of jewellery

£75, Autograph at Marks & Spencer

DO wrap a wide belt around your waist

£85, Preen/Edition at Debenhams

Functional footwear

DON'T forget the pedi

£99, Dune

£39.99, Tamaris

DO try a thicker, chunkier sole

£18, Asos

£32, Evans

Blossom prints

Dress, £35, River Island

Trousers, £45, Monsoon

Dress, £60, Simply Be

DO wear with cool leather or suede jackets

Jumpsuit, £35, Very

Top, £35, Monsoon

DO experiment with shapes, sheers and silhouettes



Unlikely style icons

We all love a bit of Kung Fu Panda, but who'd have thought we would be lusting after his shorts and his mate's belt...?

Silky suits

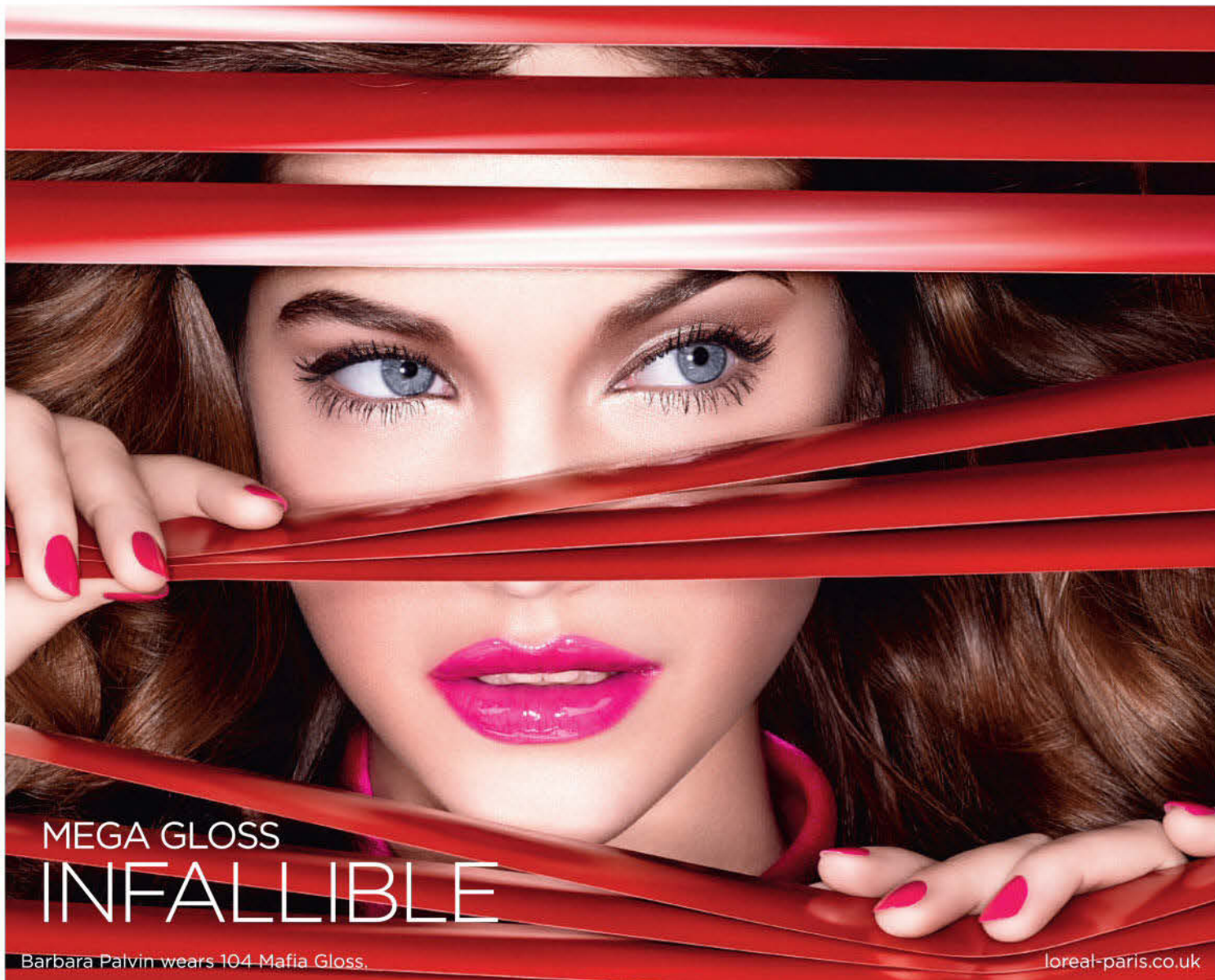
Jacket, £39; trousers, £28, both Red Herring at Debenhams

Jacket, £65; trousers, £42, both River Island

Psst... Quirky animal motifs are so hot right now



Swimsuit, £195, We Are Handsome



Barbara Palvin wears 104 Mafia Gloss.

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So You
THINK
YOU WANT MY
JOB?

Interested?

QUALIFICATIONS

I studied graphic design and advertising at Buckinghamshire New University.

SALARY Typically, senior designers earn between £35-£45k.

KEY SKILLS Passion and a flair for creativity are a must; an interest in technology helps too.

Steph Miles, 28, is design and digital creation manager for Ben & Jerry's. She's based in Berkshire

Working for Ben & Jerry's is all about fun.

Our co-founders, Ben Cohen and Jerry Greenfield, have a motto: 'If it's not fun, why do it?' That definitely applies to my role, which is to bring our products to life in the most imaginative way, from managing our social-media accounts and designing our signature tubs, to helping name a new flavour.

My office isn't what you'd call 'average'. Our team works in a converted barn with rustic furniture and green 'grass' carpet. I get to travel too – I've visited our 'creation station' in Holland, the eco-friendly factory where most of our European ice cream is made, and Vermont, USA, where the firm was founded. **I worked for the company in the UK during my gap year,** which led to an internship in

the design department of the US head office. I then worked my way up to a creative role. **Growing up, I'd constantly doodle and redesign boxes of cereal,** so I was overjoyed to discover it could be a full-time job! I draw the famous bubble writing and artwork on our tubs, write ice-cream descriptions and

create the images used on our social-media channels. It's amazing seeing the products I've helped make on the supermarket shelves. **My career highlight** has to be renaming our apple-pie flavour ice cream 'Apple-y Ever After,' to celebrate the legalisation of same-sex marriage in the UK.

The ice-cream tastings are amazing. We get to try out new flavours

before everybody else. Eating a tub of ice cream is often associated with heartbreak, but this couldn't be a happier place to work.

My mantra
EMBRACE
YOUR PASSION,
BELIEVE IN
WHAT YOU DO,
AND HAVE FUN
DOING IT!

MILLENNIAL masterclass

PART 13

'Say yes – especially if you're scared'



Emily Bell, 30, didn't want to just pay her bills – she wanted a

life lived to the max

Growing up, I had no idea what I wanted to be. All I knew was that I didn't want to settle for a job that just paid the bills – I wanted to experience life.

Then in 2012, while working as managing editor for a magazine in London, I was asked to accompany an adventurer called Dave Cornthwaite as a writer on his support team. He was attempting to swim over 1,000 miles down the Missouri River; I'd be paddleboarding the same distance. I'm terrified of water, but I couldn't *not* do it. Stuck behind a desk, all I thought about was being outside, and this was my opportunity – so I asked for a sabbatical from work and flew to America.

People often find excuses for not following their dreams, but I've learnt the key is not to overthink it – just say yes and work out the rest later.

Since then, I've kayaked from Land's End to Cape Wrath in Scotland, as support to Sean Conway, the first person to swim the length of Britain. I spent over four months at sea. It wasn't easy, but the scariest tasks are often the most rewarding – and the ones you never forget.

Now I work for an adventure magazine and as a result I could find myself anywhere in the world (I'm currently exploring Canada with my boyfriend). Best of all, it doesn't just pay the bills – it pays for my next adventure. Joy comes from new experiences – and you won't find them sitting down!



The CHEAT SHEET

What to watch, read and listen to this month

The sci-fi series that will mess with your head

New TV drama *Humans* is seriously creepy, but an absolute must-watch

Imagine a world where the latest must-have gadget is a robot that picks up your boyfriend's socks, cleans the house and has dinner on the table when you get home... That's the setting for new drama *Humans*, from Channel 4 and AMC (the channel behind *The Walking Dead*). A remake of award-winning Swedish TV series *Real Humans*, it's slick and

thought-provoking, with movie-worthy visual effects.

But the idea of having your own personal robot slave (or 'synth' as they're known) soon goes from genius to crazy – especially because the robots look like beautiful humans (one synth is played by Gemma Chan). Oh, and you're pretty sure your boyfriend fancies her (or should



Which one is *Human*?
Gemma Chan and Colin Morgan star

5 MOVIES THAT GIVE US FUTURE FEAR

1984 Set in a totalitarian Britain where your every move is watched.

The Truman Show He's the unwitting star of his own TV show. Unnerving.

Existenz The lines between video games and reality are blurred in this Jude Law thriller.

I, Robot Robots take over in this flick set in 2035 – just 20 years from now...

The Matrix 'What if I told you your whole life was a lie?' Enough already.

we say, 'it?'). Yep, we are confused and we're meant to be.

From the head messers behind *Utopia* and *Broadchurch*, this will make you question so much. What makes us human? Can artificial beings have feelings? What is the point of us? A truly welcome leap for our brains from reality TV. **Catch it on Channel 4 this month**

BAROMETER

Win some

BOOK FOMO

On our reading list right now: *Techbitch*, Lucy Sykes and Jo Piazza's *Devil Wears Prada*-esque magazine-set tale, and 1940s Cornwall-set tear-jerker *A Year Of Marvellous Ways* by Sarah Winman (*When God Was A Rabbit*). But which one to read first?



LAVERNE COX

Back on Netflix as prison hairdresser Sophia in *Orange Is The New Black*, we'd trust the queen of sass with our 'do any day.



THE NORI KNOT

Forget fishtail plaits, we're obsessed with Kimye's girl North West's cute top knots. Simple, tight and perfect for sweeping up wispy hairs!



Lose some

#BLESSED

Especially when used to facebrog about your amazing boyfriend/dinner/six-pack of steel #BoreOff



The Album

FLORENCE AND THE MACHINE HOW BIG, HOW BLUE, HOW BEAUTIFUL

With its fiercely cool guitar build-up, *What Kind Of Man* sets the scene for what we love most about this album and Florence. She captures the crazy-painful chaos of relationships in music that feels amazing to sing along to in the car.

Her voice is as big and acrobatic as ever, but The Machine can't be ignored either; her band play like hardcore rockers on one track and an epic orchestra on the next. She pours out her soul in *Ship To Wreck*, which she says was written about a 'disastrous time' in a relationship. Perfectly slow *Long & Lost* is straight on our Ibiza beach playlist.

It wouldn't be a Florence record without something to dance wildly to – for such moments we recommend *Delilah*, a feel-good anthem with beats that are impossible to sit still to. This album is like a brilliant big sister: loud, dramatic, messy, but you wouldn't be without it.

Out 1 June



FLORENCE



The Film

SHE'S FUNNY THAT WAY

Marley & Me dream team Jennifer Aniston and Owen Wilson reunite to join our favourite new face on screen, Imogen Poots (*That Awkward Moment*), in this kooky New York comedy. Imogen plays a famous actress, Izzy, who tells her story of how she was saved from prostitution by a sleazy Broadway director (Wilson). It's witty, cheeky and that's before we even mention how hilarious Aniston is as Izzy's totally unsympathetic therapist. Directed in the style of an old-school screwball comedy, it's far-fetched and silly, but knowingly so, and that's just fine with us.

Out 26 June

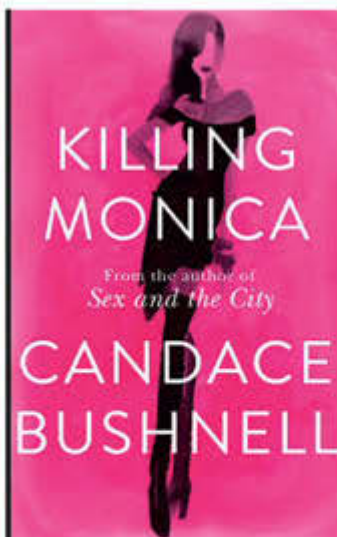


The Show

INTERCEPTOR

We can't keep our eyes off OT Fagbenle (below) in new BBC crime drama *The Interceptor*. Not just because he happens to be the kind of cool that Tumblr accounts are dedicated to, but because OT (who's been in *Doctor Who* and US hit *Looking*) is brilliant as fearless cop Ash. The drama follows Ash and his undercover surveillance team as they try to catch Britain's most ruthless criminals. It's fast, hard and boasts a breakneck plot that'll keep you gripped all season. Plus, feisty *EastEnders* Jo Joyner is cast as his wife, so there as many fireworks at home as in the chases.

**Catch it on BBC1
this month**



The Book

KILLING MONICA BY CANDACE BUSHNELL

Every now and then an author creates a fictional character who becomes so popular they develop a life of their own. Candace Bushnell, author of *Sex And The City* and creator of Carrie Bradshaw, knows *all* about that. In this new novel, author Pandy Wallis has become a millionaire thanks to her character Monica. Yet with pressure from her publishers, movie studios and commercial tie-ins, she's trapped in Monica's shadow and unable to move on with her own life. Her husband ripping her off doesn't help either. What follows is an outlandish ride into the bizarre media bubble that's grown around Monica. It's also – as you'd expect from Bushnell – a genuine, heartfelt tale of a friendship gone wrong and a reminder that a best mate can mean more than any man.

Out 30 June ♦



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Confessions

Because it's good to share... right?

MOVING-IN MISHAPS

When 'home sweet home' isn't so sweet...

Flash mob

When my boyfriend Lawrence moved into my family home, he knew my parents pretty well. But one afternoon things got a little *too* familiar: I heard him scream, before he ran upstairs and burst into our room looking horrified. "Your dad's walking around naked!" he said. Seconds later, Dad peered round my door, red-faced, to explain. He'd got out of the shower and was getting a drink when he'd dropped the glass, then his towel while trying to catch it! Poor Lawrence had walked in at exactly the wrong moment. He saw *everything*, and now claims he's scarred for life. Rather him than me, though...
Sian, 21, teacher, London

The porn identity

My boyfriend and I moved in with his brother, and while they were on a boys' night out I decided to finish the unpacking. Tucked at the bottom of a box labelled '*kitchen stuff*', I found a secret stash of porn DVDs. I thought it funny that he'd tried to hide them – but curiosity got the better of me and I put one of the films on for a few minutes before heading to bed. I thought no more of it until a few days later, when my boyfriend's brother texted me a video of himself laughing hysterically and asking, "So, is this your favourite movie?" before spinning the camera round to show the porn film playing in the background! I'd left



the DVD in the player, and was totally busted. I still get teased for it now...

Rianna, 30, fitness instructor, Cornwall

Unsafe search

My husband Jack is in the forces, and after we first moved in together he was working away when I got a nasty bout of food poisoning. After a few days of feeling rotten, I Googled my symptoms to make sure I wasn't *actually* dying. A week later I'd recovered, but kept my

symptoms from Jack in an attempt to 'keep the magic alive.' But when he came home, one of the first things he did was use our iPad to check the football scores. "Umm... so how's that yellow diarrhoea coming along?" he asked. Which is when I realised I'd left the search window open. I was so embarrassed, I wished the floor would swallow me up. Apparently I'd also been looking up '*Hottest man in the world*', which didn't help, either...

Charlie, 30, chef, Devon ➤

Leaving him breathless

My boyfriend Matt* went away on holiday soon after we moved in together, and as a welcome-home surprise I cooked us a romantic meal. Hearing the doorbell ring, I sprayed the room liberally with air freshener for that extra 'je ne sais quoi'. But I'd forgotten that Matt is severely asthmatic – and when he walked through the door, the spray triggered a huge asthma attack. Panicking, I called my paramedic friend to ask how to 'stop my boyfriend dying from a lungful of Lavender Meadow'. Fortunately, Matt had his inhaler to hand and made a full recovery. I won't make *that* mistake again.

Penny*, 22, waitress, Glasgow

House pest

My boyfriend Ben and I had chatted about moving in together but hadn't yet had the 'big talk'. After a costly trip to India, though, I needed to save a bit of cash, so I stopped paying rent on my own flat and gradually moved my stuff into Ben's on the sly. It took him six months to realise what was going on – and it was only when I came over with the last of my clothes that he asked, "Do you live here now?"

I replied sheepishly, "Umm, yeah. So, do you want some rent?" Amazingly, one of his housemates didn't notice until I'd lived there for a whole *year*! Lucky they didn't mind, eh?

Katie, 30, journalist, London

'It's faaamily!'

I was nervous about hosting lunch for my boyfriend's family in our new place. I'd not met them properly before and spent hours cooking and tidying. As we sat down to eat, I noticed his sister stifle a grin; finally she burst out laughing and said, "I had no idea you were such a big *EastEnders* fan!" Looking at where she was pointing, I realised my boyfriend had switched all my photos of family and friends to pictures of Phil Mitchell, just to make me look weird. He found it so funny he actually started crying!

Hannah, 24, dental nurse, South Yorks

MEN CONFESS



"Darling, have you seen my Crème de la Mer anywhere?"

LOVE LET-DOWNS

Dropping the 'L' bomb doesn't always go to plan...

TUMMY BUGGED

Ready to declare my love to my girlfriend, I decided to surprise her at the cafe she worked in. I went to the counter and lifted up my shirt to reveal 'I love you' written on my tummy. Sadly, her response was to go and hide in the back, refusing to come out until I'd gone. She later texted me to say I'd humiliated her, and we broke up soon after.

Matthew*, 26, graphic designer, Leics

FAMILY AFFAIR

I was nervous about telling my girlfriend I loved her, so I wrote it in her birthday card. But I hadn't counted on her opening it in front of her *entire* family at a birthday

lunch. Her mum made a huge deal out of it, and told everyone to read the card, while I just cringed... **Josh, 25, teacher, Greater Manchester**

LOVE-SICK

I'd fancied Sarah*, a barmaid at my local, for ages. Then one day as she handed over my pint, I finally blurted out, "I really fancy you." She laughed nervously and hurried off. Deciding to try one more time, I waited outside in the rain to walk her home. After an hour, the manager came out and said, "You know Sarah finished ages ago?" I woke up the next day broken-hearted and

with a horrific cold. At least I had an excuse for my watery eyes and sad face. **Steve, 23, admin assistant, Essex**

SWIFT RESPONSE

When I heard my ex (who works for the same firm) had split with her boyfriend, I texted her, 'I wish we could get back together.' She didn't reply, but instead, for the next few weeks my work 'mates' would sing Taylor Swift's *We Are Never Ever Getting Back Together* whenever she appeared. She'd clearly told *everyone*. I can't say I've been a Taylor fan since. **Adam*, 30, communications officer, Dublin** ♦



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"IS NOT A KISS THE VERY
AUTOGRAPH OF LOVE?"

HENRY FINCK, AUTHOR

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SEX & THE SINGLE GIRL



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Lauren Franklin resorts to a psychic – and takes her predictions a bit too far

Usually, I don't have an issue with being single. And the thing that keeps me so comfortable with it (apart from the fact that it's *fun*) is the blind optimism that *of course* one day I'll meet the love of my life, and *of course* he'll love me back and we'll live together in eternal bliss.

But once in a while (usually when I'm wallowing in a hangover), I'm overwhelmed by the thought that I'll end up a cat lady who dies alone and no one realises because the cats have eaten me. That's when I need reassurance. And not just my mum telling me I'm a "really special girl," or a gay mate saying he'll marry me when we're both 50.

Which is how, this month, I ended up seeing a psychic. I know, I know – but please, hear me out. Psychic Sylvie came highly recommended and, apart from £60, I had nothing to lose. She was utterly nuts, smelt of lavender and had lipstick on her teeth. I loved her. And she was *scarily* accurate. The first thing she did was tell me about a meeting I

had that afternoon, which I'd totally forgotten to put in my diary. Spooky...

But the big question was, of course, 'Will I find love?' "You're going to meet someone who will make you melt," Sylvie promised. "You'll be very happy together. He'll have a dog, and that's why you'll fall in love with him at first. And either he or his dog is called Dave."

Now, *this* was exciting. Falling in love with someone because they have a dog sounds like exactly the kind of thing I'd do. Especially if the dog was called Dave – it's an *amazing* dog name. And Dave could hang out with my Jack Russell, Peewee Marie! Dating a *man* called Dave though? To be honest, I've always pictured myself with someone a bit more exotic. Maybe a Davide? Or Davros?

I'd like to say I was cool enough to let destiny take its course. But after seeing a neighbour's cat eyeing me hungrily, I felt compelled to email a crazily handsome personal trainer I know called Dave – subject line: 'Do you have a dog?' Followed by, 'Well, do you?' (Yes, it is amazing I'm still single, right?)

Dave never replied – maybe he has *serious* dog issues. But already the whole thing was a big hindrance. If friends tried to set me up with non-Daves, my first question was, "Does he have a dog called Dave?" And when I discovered one guy I was chatting to (and didn't fancy) was called Dave, I felt obliged to ask about his dog sitch. When he told me his family had a dog (close enough, right?), we swapped numbers. But his

text chat was so boring, I had to wangle myself out of a date.

Yes, I *am* a ridiculous human being. Maybe I want to find love more than I care to admit? Despite Sylvie giving me a glimmer of hope in my time of insecurity, it's been a double-edged sword. Finding someone

I genuinely click with has already shaped up to be a difficult task, and trying to see into the future has made it 100 times tougher. So from now on, I'm going to ignore the Dave thing and give 'relaxing and seeing what happens' a go instead. Wish me luck...

Psychic Sylvie was utterly nuts, smelt of lavender and had lipstick on her teeth. I loved her'



She's got so much soul she won a Brit Award for it – here Best British Female **PALOMA FAITH** shares her lessons in heartbreak, sex and finding love







here are assistants, publicists, stylists and more assistants... and, at the centre of it all – in a north-London studio for her *Cosmo* cover shoot – is Paloma Faith. In a stripy Balmain dress, she's all bouncy blonde hair and love-heart red lips. But if this is a diva and her entourage, that's fine by us – because Team Paloma

clearly has her back. "I have a lovely team. I've fired people for not being kind because kindness is really important to me," Paloma tells us. It's her all over: suffer no fools, but for the greater good.

It's not just her crew that's changed since singer/fashion muse/feminist/activist Paloma Faith Blomfield came to our notice six years ago with her debut single *Stone Cold Sober*, after performing in jazz clubs for years. The 33-year-old's wardrobe has evolved too. Long gone are the fruit-bowl headdress and arty fashion creations, leaving behind a style icon pulled from another era in cartoon colour. And the changes have paid off. Aside from the small matter of Madonna and an Armani cape, Paloma collecting her Best British Female award was probably the most-talked-about moment of the Brits 2015 ("It's taken me 14 years to stand up here and accept this award; it means so much."). When she belted out *Only Love Can Hurt Like This* on stage under hammering 'rainfall' she had the whole nation by the heart.

It's damn good karma that her heartbreak music is being celebrated at a time when her heart has never been so, well, together. "I'm so in love. I've been with my boyfriend for two years and I've never still been in love after this amount of time. Either I'm a bit nitpicky and I've started to notice all the flaws or... they've gone off me," she says, bursting out laughing. After getting married and quickly divorced in her

early twenties, then having some bad romances along the way, she knows a strong relationship when she sees it. "I'm really glad that I've been through all those experiences now because I can recognise the good," she says. Here she reflects on the lessons she's learnt...

1 Keep something for you
"My boyfriend has only known me since I've been really busy with work, but he didn't meet me knowing what I did. He was living in America and I was really quiet there. He finds it attractive that I don't need him for things like money or organisation – I need him for emotional support, love and intimacy. No matter how amazing a person is, you should always keep something for yourself. I think a lot of us make the mistake of neglecting friendships or finishing work early to get back to a partner, but in the long term that's not good."

2 Just sex is OK...
"A lot of my mistakes in relationships have come from not believing in myself as a sexual being. I've never had a one-night stand and I've always had this romantic idea that love conquers

all. Now I'm aware I have sexual needs and I don't think there's anything wrong with it. In hindsight there have been relationships where I should have just had sex and then left it, rather than investing two years trying to make something work that wasn't going to."

3 ... and so is being alone
"People tell you all the time that when you meet the right one you know, but you don't believe it until you meet that one person. When it works it just works, and I think now I've experienced that, I'd rather be by myself than be with someone I'm trying to please. You think it's your fault and it isn't – it isn't necessarily anyone's fault; you're just not compatible."

4 Trust your gut
"I give everyone the benefit of the doubt, but I can sense if someone isn't right early on. People get upset when I say their new boyfriend is not a nice person, but I've never been wrong. I've learnt who to trust the hard way. I've seen a lot of rats and can smell them a mile off!"

5 Leave the past behind
"It's important not to deny your feelings, but with heartbreak I set myself a deadline. I know for a couple of weeks I will feel dreadful, then I need to pull my socks up. You should never let your past dictate your future – some people go into new relationships carrying such a presence from their past and it will totally jeopardise the potential of happiness in future. Pulling your socks up is fun: get dressed up every day, put lipstick on, make an effort so people notice and say you look great."

6 Family love is special
"I grew up with Mum, and I'd visit my dad at weekends. There are some things my mum doesn't want to know, like details about my private life, but I tell her anyway [laughs]. My half-sister is incredible too – she's my hero. She's got a different mum and is about nine years younger, but we're like best friends. It's so special to me that there's someone who >



The Kellogg's logo, featuring the brand name in a stylized script font with a small sunburst icon above the 'i'.

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feel special every day.

Special
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has a lot of the same mannerisms, ideas and humour as me, even though I was brought up on my own."



Love yourself like your own child

"I'm working on being kinder to myself. I beat myself up internally – it's a natural thing I've always done – I'm just quite tough on myself. I spoke to my therapist the other day – it sounds very 'LA'; I know – and he said if those things you beat yourself up about were your child's worries, what would you say? It helped because you'd be more forgiving to a child. If you said to someone you love 'You've got fat legs, you look awful, you can't sing, or that song's terrible,' they'd never get out of bed!"



See what's in front of you

"I met guys when I was a lot younger who were really wonderful to me and I didn't always respond as I should have. I was more like, 'Oh, just leave me alone.' Because I hadn't had the opposite I didn't realise how wonderful it is to be treated well."



Celebrate your 'rivals'

"I'm a real woman's woman – we should celebrate each other! Leaving this shoot I'll be wearing head-to-toe Rita Ora for Adidas. It's really important to cultivate good feeling and not see each other as threats."



Friends are the best medicine

"One friend I have is mind-blowing. Once I was really broken-hearted because the relationship I'm in now was long-distance at the beginning. I felt like it wasn't going to work because I was too busy to keep flying to New York and I was getting exhausted. I rang my friend and within an hour she was on my doorstep with two bags full of heart chocolates, heart T-shirts, decorations – everything hearts – and she said, 'I know your heart is breaking but these hearts are intact and you will be too.' She was right. I'm so grateful to her and you have to show it. I write her notes and say 'To my dear love' as if I'm writing a love letter [laughs]." >



'I'M A
REAL
WOMAN'S
WOMAN – WE
SHOULD
CELEBRATE
EACH OTHER!'

THE COSMO QUIZ

Name: *Paloma Faith*

Nickname:

I don't have one!

The lyric that hurts the most to sing is:

It might hurt to leave but it's worse to hold your hand.

The lyric that feels amazing to sing is:

I am you and you are me.

The last book I read was:

The Establishment by Owen Jones.

My favourite red-carpet look ever was:

the Armani Privé dress I wore to the Brits 2015

The best thing about being

Paloma Faith is:

I never have to lie, say what I think & tell the truth.

... and the worst is:

I always say what I think & tell the truth.

The one thing I know about love and sex now that I wish I'd known five years ago is:
It's often the man's fault if you don't orgasm!

Mum always taught me to:

be gracious and humble.

My biggest mistake in relationships has always been:

- a) Wearing my heart on my sleeve
- b) Not backing down in arguments
- c) Getting jealous
- d) Not allowing anyone to look after me and going for the wrong ones!

The thing that makes me really angry is: *inequality*

The thing that makes me feel really passionate is: *justice*

If I was a boy for the day the first thing I'd do is:

tell some other men to be a bit more sensitive.

I've tried and tried but the one thing

I'll never understand about men is:

Why they act and think about the consequences afterwards.

The last text message I received said:

"pack your flower headbands, very uplifting for the head"

And was from:

My mum



Heartbreak is:

the worst pain there is.

Draw a picture of yourself here:

BIG EYES



STTROPEZ.
PRO
D
EZ

THE 1 HOUR TAN

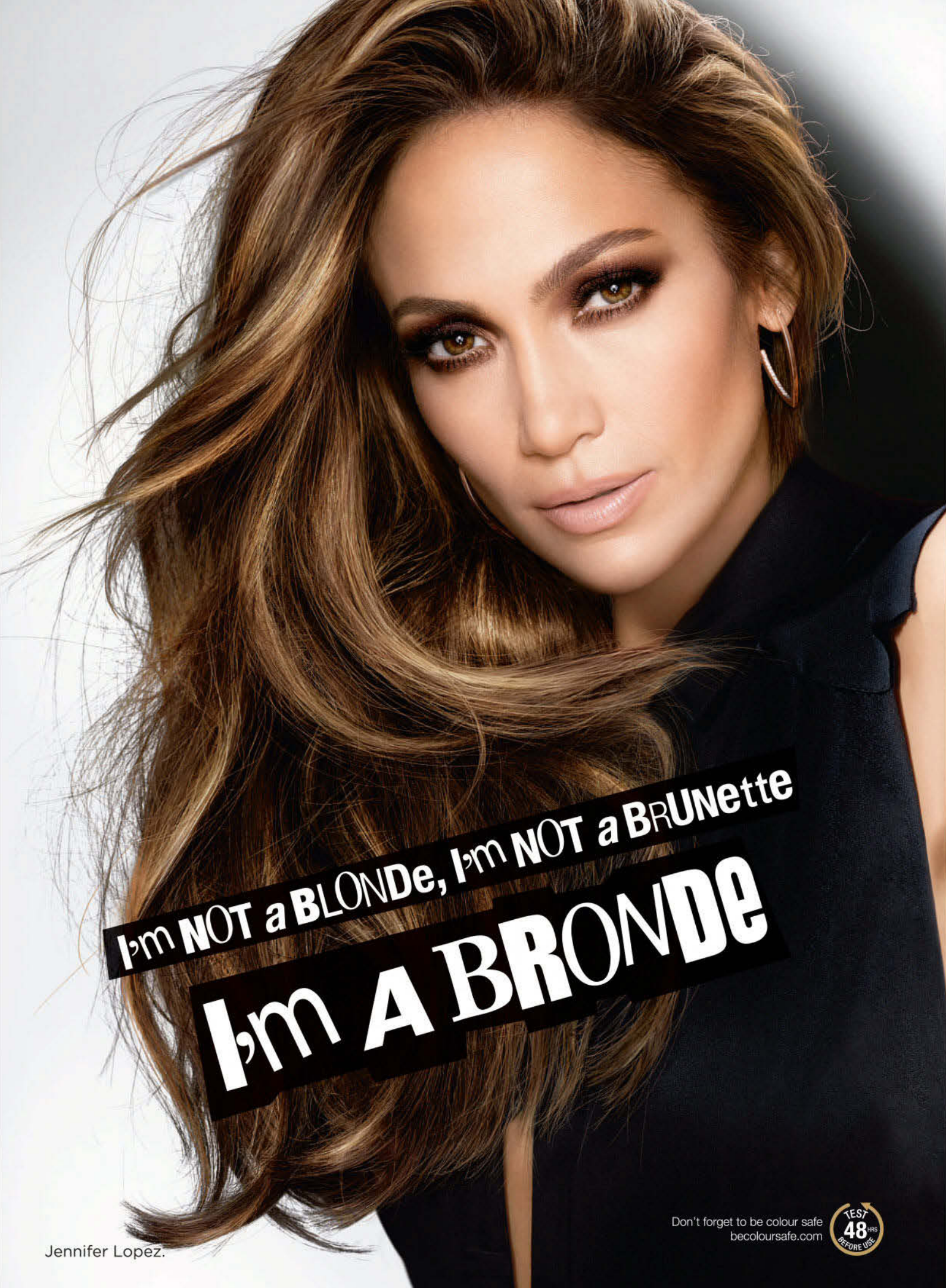
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L'ORÉAL

PARIS



When was the last time you woke up and thought, 'I wish
how stress is one of the factors making us



I'd had one more drink'? Exactly. *Cosmo* investigates
consume more alcohol than we should

WEATHER PROOF FROM MORNING TO NIGHT

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icture it: you've had a big night planned for ages and you're *super-excited* to see your old uni mates/best friend who's home from travelling. So far so good. So why do we sometimes risk ruining a great time by getting so... *ruined*? New stats exclusive to *Cosmo* show that, increasingly, drinking is an issue for UK women...

While the Office of National Statistics reports that British millennials are drinking less – with the number of teetotal under-25s up by 40% in eight years – sadly, the figures may be misleading. “Self-reported data on drinking isn’t always accurate,” explains Katherine Brown, director of the Institute of Alcohol Studies. “People consistently under-report how much they drink, because they’re embarrassed or simply don’t understand the concept of units.

“These studies also don’t take into account factors such as drinking on holiday, or people who don’t drink for cultural or religious reasons.” Data from HM Revenue & Customs indicates a huge gap between how much alcohol is being sold and how much we admit to consuming, meaning there are a whole lot of ‘missing’ units...

YOUR DRINKING: UNCOVERED

To find out how much women in the UK are *really* drinking, we conducted an exclusive global alcohol and drugs survey (in partnership with Global Drug Survey) – the largest to date. The results are shocking, and show that we not only put away far more than female drinkers elsewhere in the world, but our drinking levels are perilously high. A

massive 41% of UK women are drinking at a ‘dangerous’ or ‘harmful’ level. A further 14% have a ‘high level of alcohol problems,’ compared with 10% of women globally.

The largest proportion of women questioned (38%) drink two or three times a week, with a further 11% drinking four or more times. And when we’re drinking, 84% of us would happily neck more than six drinks in one session – enough to get *very* drunk. Dr Paul McLaren, a psychiatrist who specialises in alcohol addiction, has seen a rise in young female patients. “More professional women have come to us seeking help with their drinking in the past year,” he says. But, unlike the classic image of the alcoholic, most of his patients aren’t reaching for a drink first thing in the morning. Thanks to rising pressures on women, the face of alcohol dependency is changing. “I’m seeing more young women turning to alcohol after work to relieve stress,” says Dr McLaren.

In 2015, women are expected to do more, earn more, *become* more, but it seems many of us are struggling to cope. Women aged between 25



and 34 are more stressed than any other group, feeling anxious more than five times a week. So is it any wonder Generation Y is becoming Generation Wine?



Kimberly Myhill, 25, a claims specialist from

Norwich, says career pressures made her drinking habits spiral.

“Two years ago, I was in line for a major promotion at work,” she says. “Initially, I was confident – my boss showered me with praise – but I found out that other colleagues were being considered for the job. It became an

incredibly stressful situation that dragged on for months.

“Eventually, I broke down at my desk and texted my housemate to say I couldn’t stand it any longer. We met at the pub that evening and got through three bottles of wine between us. It felt like a huge release, and it soon became habitual. I went from rarely touching alcohol during the week to going to the pub (and often skipping dinner) most nights. I started drinking at home too. I remember opening a bottle of whiskey alone one night, and texting my friend ‘FML’. But it wasn’t funny. I did things I’d regret, like calling up ex-boyfriends and even sleeping with a colleague after a ‘quiet Tuesday drink’ turned into a major session.

“It all came to a head when I turned up to work one day smelling of alcohol, having >



41% of us drink at a ‘harmful’ level; 84% down more than six drinks in a session

WHAT ABOUT drugs?

Our survey also asked UK women about their drug habits

40%

HAVE TRIED POPPERS

18%

HAVE TRIED MEPHEDRONE

42%

HAVE TRIED MDMA (pills)

50%

HAVE TRIED COCAINE

32%

HAVE TRIED MAGIC MUSHROOMS

75%

HAVE SMOKED CANNABIS

31%

HAVE USED NITROUS OXIDE (laughing gas)

been up all night. My manager told me I needed to sort myself out, and I didn't get the promotion. It was the wake-up call I needed. Now I manage my stress through counselling and exercise."

THE BOOZE BLUES

Drinking to banish anxiety may be tempting, but it actually brings us down even more. And if waking up with 'The Fear' is a regular occurrence for you, you're not alone. Our survey revealed one in five women regularly feels guilty about something that happened while they were drinking. Some 16% of us are unable to remember things that happened because of alcohol, and 13% of UK women say they – or others they know – have been physically injured due to drinking in the past year.

'Pre-loading' (drinking at home before going out) can be a big part of the problem. A *Cosmo* follow-up survey of more than 2,000 women indicated 70% of us have pre-loaded in the past three months. Reasons ranged from the high cost of drinks in bars to 'wanting to feel more confident going out.'

Cosmo reader Aoife-Grace Moore, 24, from Glasgow, says, "My friends and I earn decent salaries, but we always pre-load. We work hard during the week, and by the weekend we want to relax. Why *wouldn't* we do it?"

But Phil Guthrie, who's spent 10 years as a paramedic on London Ambulance Service's 'booze buses', which treat patients with alcohol-related injuries, says some pre-loading can get out of control. "We treat lots of young professionals keen to unwind after a long week, usually on an empty stomach," he says. "I've seen thousands of women being sick, crying,

falling over, losing control of their bowels, or even passed out. Pre-loading has made things even worse – sometimes people don't even make it as far as the bar."

Binge drinking fuels behaviour that leads to guilt, and, as it's a depressant, it amplifies our guilt – 'double trouble' as Dr McLaren puts it. "It's especially difficult for young women, because they're not slapped on the back for putting away six pints like men are," he says. The result? We feel worse about our behaviour, but end up doing it even more.

FIND YOUR HAPPY HOUR

So how do we tackle our dependence on booze? Dr McLaren says it's important to be honest about your relationship with alcohol. "When you next fancy a drink, question *why*," he advises. "Are you looking forward to the taste of a nice Chardonnay? Or do you need it to get to sleep? If you're having three or four drinks before you go to a

bar, ask yourself whether you're socially anxious. It's important to address that, because alcohol won't make you more socially engaging – it'll only do the opposite."

Try a short spell of abstinence – track your sleep patterns, anxiety levels and mood – and try to stay alcohol-free at least three days each week, to ensure it isn't an essential part of your routine. A website such as Drinksmeter.com can help you monitor your consumption. When you *do* drink, find a happy medium. Instead of feeling wobbly by 5pm at that boozy barbecue, try 'light' wine – switching to a 5.5% bottle instead of a 12% one can halve the number of units you're drinking.

If you're still worried about your drinking and you're not sure how to handle it, speak to your GP or visit Drinkaware.co.uk before it becomes a bigger problem. It's either that, or allow your life to become one big, painful hangover... or worse.

IT'S 5 O'CLOCK SOMEWHERE...

Global *Cosmo* staff on what their nights out entail...

SINGAPORE "The go-to drinks here are beer and wine, we hardly ever drink spirits. Pre-loading is really common and drinking is socially acceptable, but being drunk is seriously frowned upon."

AUSTRALIA "We have lots of great vineyards, so we love white wine. We'll usually stick to two or three glasses, but if we're celebrating it can be much more!"

Drinking is definitely socially acceptable – and encouraged."

FRANCE "We love wine with meals, but only one or two glasses. On a night out, we'll drink beer or cocktails. We pre-load, but not to get drunk; it's more of a social thing."

INDIA "We drink vodka or wine instead of cocktails (they're too sugary). We'll have up to six drinks, and always line our stomachs. We do pre-load, but we *never* drink with our parents."

BULGARIA "We're big on beer and wine; we like cocktails and

spirits too. Pre-loading isn't common – being drunk as a woman is seen as very embarrassing."

CROATIA "We often drink at home before going out – drink in clubs is expensive. We love martinis, vodka and tonic, or wine."

ITALY "Wine culture is huge. We drink a lot with meals, and enjoy 'aperitivo' – happy hour where we have snacks and drinks. It's not normal to see women drunk." ♦

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GARNIER

'I ESCAPED DEATH BY SECONDS AS THE GUNMAN'S RIFLE JAMMED'

*When a gunman went on a killing spree in a cinema in Colorado three years ago, **Bonnie Kate Zoghbi**, 21, was lucky to survive. She tells Cosmo about facing death – and finding love*

When my mum got a text at 2.30am on 20 July 2012, she was already awake. 'This may sound weird, but is Bonnie Kate OK?' it said. My ex-boyfriend, Max, hadn't been in touch with my family in the two months since we'd broken up. But, unable to sleep, he'd read on Twitter that there'd been a mass shooting in a cinema in Colorado, and decided to check I was all right.

What Max didn't know was that at that moment I was lying on a trolley, waiting to go into surgery. My left knee had been shattered, shot by the gunman who'd rampaged through that cinema, killing 12 people – and if his gun hadn't jammed, I'd have been dead too.

Max and I had been friends since we were 15, but when we started dating,

things became too intense. I couldn't cope with the pressure – so, after heading to Haiti to volunteer with a charity that helped vulnerable children, I'd ended it. I knew Max was devastated, but I needed some space – and planned to get it by staying abroad for a year.

However, three months in I'd fallen seriously ill, vomiting up to 100 times a day. After flying home, I was diagnosed with gastroparesis, a chronic stomach condition that causes sickness in bouts. Instead of the globe-trotting adventure I'd planned, my life was taken up with hospital trips for exploratory biopsies and colonoscopies. So when Mum suggested I join my friend Elizabeth on a road trip across America, as long

as I went straight to hospital if I felt ill, I jumped at the chance. Elizabeth had been working in Seattle, and was planning to drive back to our home town in Louisiana. The journey would take three weeks – heading out to meet her, I was so excited.

We took in snow-topped mountains in Montana and camped in Yellowstone Park. Two ▶



'Joker' gunman James Holmes

The cinema where 12 people lost their lives



Bonnie Kate
and Max married
two years after
the tragedy



weeks later, on 19 July, we reached Aurora, Colorado. Our motel receptionist mentioned that there was a midnight screening of the *Batman* film at the cinema down the road, so we decided to go after dinner. As I made my way to the front seats, Elizabeth called, "Hey, let's sit here," moving towards the middle of the auditorium. It was a decision that saved our lives.

Half an hour into the film, a door at the front of the cinema flew open. I saw a flash of light and heard an explosion, and the room filled with smoke. I realised someone was walking up the aisle, shooting into the audience. Ducking behind my seat, I grabbed Elizabeth and pulled her down.

I could hear the crack of bullets and see flashes of fire as the killer gunned people down. The alarms had been set off, their wailing mixing with people's screams. Surreally, the film played on.

Terrified, Elizabeth and I huddled behind our seats. In front of us, I heard a man on the phone saying, "I love you – goodbye." As we crouched, I felt pain flaring in my left knee. My body jolted and pain ripped through me, and I knew I'd been shot. I reached down to my leg and felt blood pouring out of it.

Suddenly, the shooting stopped and Elizabeth made a dash for the exit, screaming, "Run!" She didn't realise that I'd been hurt. I was in agony; I'd only managed to crawl as far as the end of the aisle when a man crouched down, and I threw my arms around his neck. As he helped me outside, with my left leg dragging uselessly, I thought, 'I'm going to die.' But weirdly I didn't feel any fear. None of it felt real.

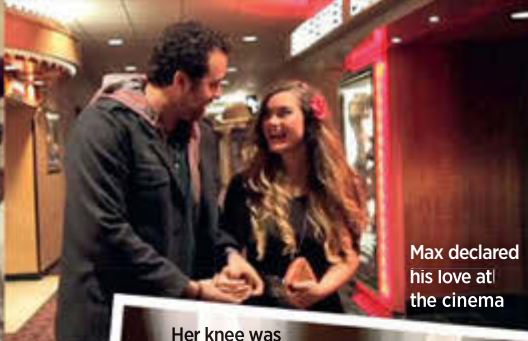
Chris, the man who'd helped me, laid me on the ground outside. It was chaos – police surrounded the cinema and ambulances waited to help the injured. Elizabeth ran to my side. "You're shot!" she wept.

A police car took me to hospital. I was horrified to hear that James Holmes, then 24, had let off teargas grenades in the cinema before killing 12 people and wounding 70 others. When he was arrested, he told police, "I'm the Joker."

Most of the victims were in their twenties – and we later learnt that three



Bonnie Kate spent six weeks in hospital



Max declared his love at the cinema



Tragedy led to love for the couple



Her knee was shattered by a rifle shot

'When the killer's gun jammed, I escaped death by seconds'

young men had died protecting their girlfriends. My rescuer Chris told me that just before he'd scooped me up, the gunman had aimed his assault rifle at me. It had jammed, saving my life. I'd escaped death by seconds.

My parents flew in, overwhelmed with relief that I was alive. Then, Mum told me about the text she'd received from Max, now 26, in the middle of the night. Mum had called him to tell him what had happened, and he'd driven over to watch my brothers and sisters while my parents visited me. I was so grateful for his help.

I needed five operations on my knee, and it was six weeks before I went home. From then on, Max was firmly back in my life. He'd bring me flowers and helped me every painful step of the way through physiotherapy. "You can do it," he'd urge me as I struggled to walk. I was falling for him – and it finally burst out of me: "Max, I love you."

"I love you too. So much," he said.

Although it must have been hard for some of the other survivors, I felt OK about going to the cinema after that night. So in January 2014, Max took me to see *The Hunger Games*. We were watching the trailers when a man appeared onscreen, playing the guitar in his boxers and wearing Superman socks. 'He looks just like Max,' I thought – then realised the trailer was telling the story of our relationship.

"Did you do this?" I whispered. But Max just smiled. At the end of the trailer, the actor playing him looked at the camera and said, "Bonnie Kate, this is for

you." Max led me out of the cinema, where we were met by 150 of our friends and family, and then towards a waiting car, as a band played in the background.

Next, he took me to the restaurant where we'd had our first date, and my three brothers serenaded me. After that, Max whisked me to my grandparents' farmhouse, took me to the barn – where we'd had our first kiss – and got down on one knee.

"Will you be my wife?" he asked.

"Yes!" I said, crying.

The rest of the night was a whirlwind of partying, and on 24 May 2014, we got married in a lovely outdoor ceremony. My knee was still painful, so Dad helped me down the aisle with my crutches. After we said our vows, Max carried me back down the aisle before sweeping me off my feet for our first dance. Tragedy had brought Max – and total happiness – back into my life.

Three years on, James Holmes' lawyers claim he was mentally ill when he killed all those people. He is to stand trial this year and it's strange still seeing him all over the news. So many people died that night – but for me, it brought love as well as sadness.

Max says "After Bonnie Kate and I split up, I missed her as a friend – and was so worried about her when I heard about the shootings. I was still hurt, but put aside my feelings so I could help her and her family, travelling there after work and staying overnight. Giving her the space she needed brought us back together, but it's hard to believe what we've been through in that time. I'm so thankful she's alive, and I feel incredibly lucky to have her as my wife – she's the girl who's exactly right for me." ♦

NEW

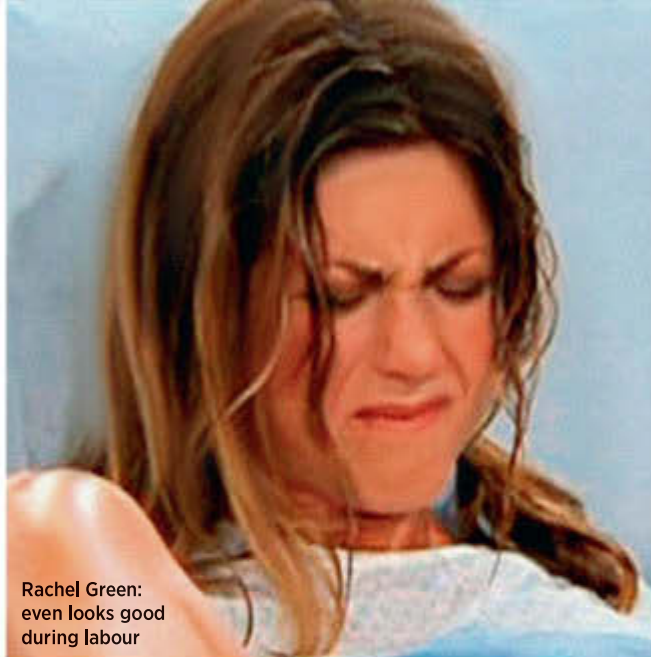


**MMMM... DELICIOUS
AND 99 CALORIES**

1 First, your water doesn't break in a ceremonious splatter at your feet (or look like a water balloon shattering on concrete) It's probably going to be a slower, more gradual flow – like uncontrollably peeing yourself (lovely). Said 'water' (amniotic fluid that fills the protective sac around your baby) can often keep trickling all day. And just because your water breaks it doesn't mean you have to race to the hospital – it could still be hours before contractions actually start and your cervix begins dilating. But you can't run around with your water broken or have sex once it does (just in case in your about-to-deliver-a-baby state, you're feeling... *sexual!*). Because without amniotic fluid protecting him/her, the baby can get an infection.

2 Contractions are probably the most hellish part You'd think pushing a baby out would be the worst, but for many women, contractions are the deepest circle of hell. They start out like regular cramps and you're all, 'Oh, this isn't that bad!' But they quickly turn into tiny, evil elf hands grabbing your lower back and lower abdomen, and squeezing them with all of their might until pushing out a baby actually seems like a nice change of pace. If you get an epidural, because you are sane (joking – I'm sure natural births are awesome but I will never know), contractions might well be the most painful part.

3 Getting that epidural is like tripping on a medically approved high It doesn't even hurt when the anaesthetist injects a long needle directly into



Rachel Green: even looks good during labour

HOW IT FEELS TO GIVE BIRTH

If you've never done it – it's the one thing you really want to know

your spine! The barbaric agony of contractions evaporates within minutes, causing a sweet, sweet numbness. In many cases, your epidural will even come with a handy pump, so you can funnel more painkillers *directly into yourself!*

4 You feel as if you have to 'number two' You'll know it's time to start pushing because a roughly 8lb baby has descended through your cervix and is now pressing on your entire nether region, arse included, trying to get out. You may beg the nurses to let you go to the bathroom, but you won't be allowed. Compared to contractions,

however, pushing the baby out is pressure and discomfort, not stabbing pain, and at this point you really relish the difference.

5 The doctor may cut 'just a snip' This is also known as an episiotomy, which is when your doctor cuts your perineum (the skin between your labia and anus) to help get the baby out (*never* Google this, BTW). But friends of mine who got an epidural didn't even feel their episiotomy. And by the time it happens, you don't really care. You just want the baby out and whoever/whatever is going to make that happen seems perfectly acceptable.

6 They might even vacuum your baby out My daughter's heart rate was dropping and I had pre-eclampsia (high blood pressure brought on by pregnancy and labour), so my midwife used a vacuum device called a ventouse to suction her out. I couldn't see or feel what was going on, but I was told about it, and she had a temporary conehead to prove it. If your baby has a little conehead, you will feel bad for her, but also think it is adorable.

7 You have to deliver the placenta after the baby Someone goes, "one more push" and it'll all be very low-key (after birthing a tiny human, pushing out a small, liver-like thing seems like the ultimate 'whatevs'). Oh, and there will probably be stitches at this point, thanks to the snipping (or the area may have torn by itself). You might have to wear a 'mummy nappy' too. (A nurse uttered "Here's your mummy nappy" to me and part of my soul died.) This is a sanitary pad tucked into your underwear post-birth to provide relief, and deal with any bleeding. You'll also essentially have your period for a good six weeks after birth. Yay.

8 You will block all of this out roughly three months afterwards Otherwise, who would ever have another baby? When I reminded my friend of the above, she was like, "Oh, yeah, I totally forgot about all that!" Birth is like a weirdly realistic dream that you can't really remember. What remains is the baby you love so much. Contractions and mummy nappies are (*thank God*) temporary – this kid is forever.

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WORK READY



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DAY TRIP



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GIRLS NIGHT OUT

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MANTHROPOLOGY

Adam Rodriguez

Magic Mike's stripper Tito steals Channing's thunder

"In *Magic Mike XXL* we're shaking it up and there's plenty of beefcake, but it's a comedy as much as it is a stripper movie. I certainly wouldn't have been as comfortable on this photoshoot if it wasn't for the film. I was running late for this shoot so it was a bit of a rush, but if I'd had more time I might have put a sock on myself to protect my modesty – I'd have been a lot warmer if I had! This shoot is for such a good cause. When you're young you feel indestructible, but health problems don't discriminate on age. It's your body – don't be afraid of it. Check yourself out and if something doesn't feel right, go to get a doctor's opinion."

Magic Mike XXL is out 4 July

• **Testicular cancer is the most common cancer in twenty-something men, but is curable if found early. Research shows men are less likely to have health checks than women, so remind the guys in your life to check their bits regularly for lumps.**



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5

things you need to know about Chris Pratt

1 Before his film roles in *Bride Wars*, *Guardians Of The Galaxy* and *Jurassic World* (out 12 June), Chris, 35, played creepy Che in *The O.C.* It's memorable for the scene where he sang naked with a guitar to Seth. YouTube it.

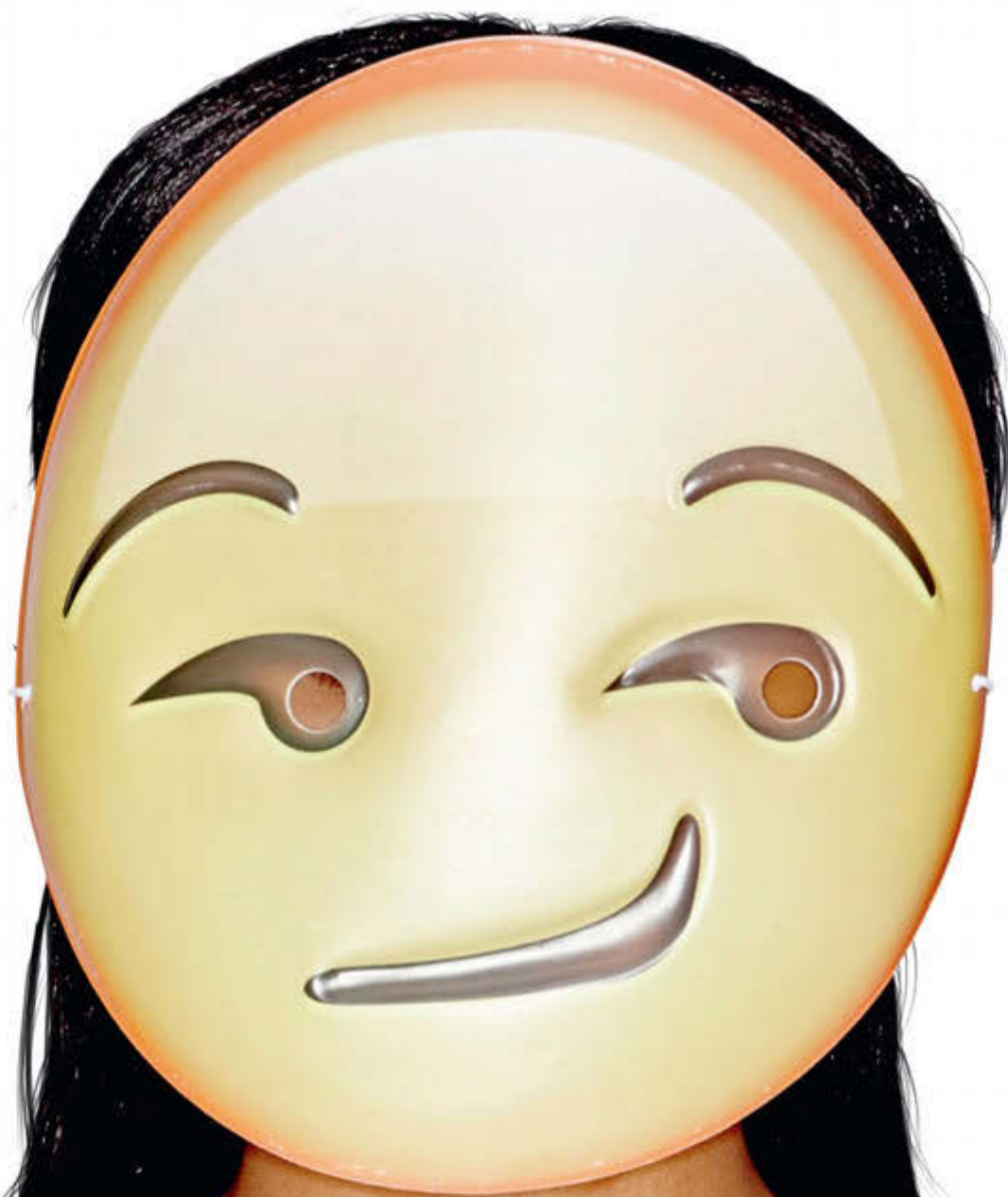
2 He won over his actress wife Anna Faris when he showed her his 'dead bug collection' and she cried – not because she was freaked out but because she had one too.

3 Of their son Jack, two, Chris has said, "I've done all kinds of cool stuff as an actor, but none of them means anything compared to being somebody's daddy." Aw.

4 Before a director spotted him waiting tables and cast him in *Cursed Part 3*, Chris tried stripping, washing cars, frying burgers and even worked in a bingo hall. Voted Hollywood's Second Sexiest Man Alive 2014 by *People* magazine, he said, "The minute I started being an actor was when I started living my dream."

5 Chris is adored by all; his *Parks And Recreation* co-star Aubrey Plaza said, "I want him all to myself, but now I feel like the whole world is let in on the secret brilliance of Chris. He's like a real-life superhero."





Do men th I♥ve the w

We asked three guys - one single, one dating, one loved-up - to keep a log and



ink about ay we do?

answer the question that intrigues most women (even if we don't want to admit it)

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The single guy



Tyler Peters, 30, lives in east London and is single, after recently splitting with his girlfriend of 18 months

MONDAY Forget Sunday blues – Monday blues have kicked in, *big* time. I spend my commute scrolling through Facebook on my iPhone, lamenting how wonderful everyone else's lives/girlfriends are. Since splitting with my girlfriend four months ago, I find myself constantly wondering why I haven't met The One yet (or why she hasn't stuck around...). Friends say I'm a 'good guy,' and 'alright-looking.' So why is finding the right person so hard?

TUESDAY Facebook friend no.137 has created *another* photo album of his first child. Gone are the debauched stories from wild nights out, and to be honest it makes me feel depressed. While I love a good night out with my mates, I'm finding myself wishing more often I was on the loved-up side of the fence now I'm in my thirties. Another post suggesting the 'Top 25 things to do in London with a date' makes me want to throw my laptop out the window.

WEDNESDAY Instead of feeling down, I've decided to put myself out there. I was never keen on online dating before, but *everyone's* doing it now, aren't they? I've downloaded an arsenal of apps – Tinder, Happn and PlentyOfFish. I'm open, ready and willing to meet someone special. Eight matches in, I've sent numerous messages, but nobody's replied. Are guys always meant to make the first move?

THURSDAY I check all my dating apps as soon as I wake up. Nothing. I scroll through my profiles, critiquing my pictures, then replacing them (with the ones that got the most likes on Facebook). Still no replies. Did I sound too keen in my messages? Or is it the way I described myself ('A *hard-working*

individual who is becoming a more balanced and ambitious person after a number of bad decisions and losses. I do not drink alcohol but I still like to enjoy myself. If you happen to have a penchant for street food AND are genuinely keen to know more, get in touch, please?') On the commute home I spot a *beaut* of a woman. Her eyes meet mine, and we both smile. I urge myself to say hello but lack the confidence to pursue it. Instead, I email a friend asking her to write a new, honest dating-profile bio for me.

FRIDAY It worked! My new bio ('*Likes food, street art, good books, checked flannel shirts, '80s music, tattoos, trainers and my two beautiful nieces. Not a dickhead*') brought all the girls to the yard! Was my old one *that* bad? One in particular seems really cool. Plus, *she* messaged me first! I'm really pleased and my mood instantly lifts at the prospect of meeting someone nice (and good-looking). She's a red-haired restaurant manager from London (and funny – *yes*). She claims it was the picture of me surrounded by dozens of cats (thanks, Photoshop) that had her hooked. Conversation continues and work productivity takes a nosedive.

SATURDAY 2:33am and we're still talking (I'm guessing around 200 Whatsapp messages exchanged), so I ask for a date. Luckily, she accepts and we arrange to meet

'She seems really cool and funny – yes!'



tomorrow. But I can't think of anywhere to go, which adds to my anxiety. I keep wondering if I'm being 'Punk'd.' Or if she's not who she claims to be. Or if she won't show up. Either way, we swap phone numbers and it feels 'real.'

SUNDAY Remembering the 'Top 25 things' post, I've suggested we go to Hackney City Farm, then for coffee. An impressive eight hours later, I'm home after an awesome first Tinder date. Yes, we kissed – all thanks to my kitten pic. I'm not pinning *all* my hopes on this girl, but I feel a hell of a lot better knowing I'm making *some* headway in the big bad world of dating...

The man who's just started seeing someone



Rob Crossan, 32, lives on his own in London and has been dating Bryony*, 29, who he met on Tinder, for six weeks

MONDAY I was first attracted to Bryony because she looked so good in her Tinder pic (sporting *very* tight denim shorts). I was also impressed by her intro message ('*Swipe right to win a speedboat*'). A few weeks later, I've found myself beginning to date her in the 'proper' sense. OK, we're not looking for flat-pack furniture *just* yet, but I did spend last Saturday night at my house, just with her, cooking dinner. And to be honest? I'm really enjoying it.

TUESDAY Bryony stayed over again, and when she left this morning, I knew this was more than just a sex-with-dinner scenario. Why? She left her iPhone charger in my bedroom, and when I saw it I thought of her and smiled. That's right – I got a sappy over a *charger*.

WEDNESDAY This morning I restrain myself from texting to ask how her day is going – keen *isn't* cool. But on my way to Pret for lunch I pass a pharmacy that has on display a blusher made by the ➤

beauty brand she works for. So I take a pic and text it to her with the line, 'Your latest masterpiece – on show in Balham.'

THURSDAY No contact with Bryony at all today. Workmates notice I'm distracted and spend most of my afternoon watching clips of *Curb Your Enthusiasm* on YouTube. I only remember it's Bryony's favourite show halfway through, and as soon as I do I snap out of it. It's important not to get too wrapped up in what she's into. Would I like it if she copied my taste in music and films? Nope.

FRIDAY We've arranged cocktails for tomorrow, so tonight is boys' night at the pub. When I admit that yes I'm still dating 'that Tinder girl', as my mate Sam refers to her, I feel a little pissed off. 'She's called Bryony,' I say. My mates ask me whether it's serious, and when I say 'maybe' I realise I'm lying. Because, after drunkenly texting her saying I missed her, I wasn't immediately filled with self-loathing 'drunk text' shame...

SATURDAY Bryony finally replies to my boozy text at lunchtime. 'Had a little too much sauce have we, Mr Rob? Very sweet though – can't wait for tonight xxx'. I want to tell her I'd like us to be boyfriend and girlfriend. But is six weeks too soon? My head says yes, but my heart is dancing to a different beat.

SUNDAY Today, I see Bryony for lunch. She admits she's been thinking about me all week too. I don't tell her about my Larry David afternoon – I'm playing it cool. To use football parlance, though I'm trying to treat Bryony like she's a decent Liverpool, in my heart she's Barcelona already.

The one in a serious relationship ♥



Andy Jones, 31, has been with Jennifer, 31, for seven years. They've just bought their first flat together in south London

MONDAY I feel bad for being stropky with Jen last night, so leave a note in her underwear drawer saying how great she is in a little rhyme (I know: cheesy). She'll find it tomorrow and it'll make her smile. I don't really think about Jen again until I'm on my way home, when she asks me to buy 'something tasty'. I pick up some gluten-free, taste-free nonsense she'll like to make up for my moodiness (and daydream about gastroburgers).

TUESDAY I'm off to collect an outfit Jen wants. Walking around the shops with the weblinks she's sent me gives me the opportunity to flirt with the assistants. It's harmless – they know I've got a girlfriend. I don't feel *too* under the thumb until my phone chirrups, 'Have they got it in black?' Does she think I'm her personal shopper? Still, I find the dress, without firing back a sarky text.

WEDNESDAY The sun's out, and there's tanned flesh everywhere. I think of being on holiday in Seville with Jen last year – strolling around, drinking wine in cafés. I make a mental note to discuss holiday plans tonight. It also makes me think of sex, and I feel a bit sad. I'm too tired for it half the time. Sex is essentially what happens in bed when we aren't sleeping or staring at our iPads. We've talked about our stalling sex

life, but nothing gets resolved. Probably because one of us falls asleep. Maybe I should have bought her some new underwear along with that dress?

THURSDAY Jen surprised me last night by buying me a blueberry bush – I had one in our last rented place but couldn't bring it when we moved. I stare at it, imagining next summer – Jen picking fruit. At work, a girl is joking about her chaotic dating life. Sometimes I miss dating – the excitement, the possibilities, the casual sex. Then I remember how confusing my mates say online dating is, and feel relieved I've got Jen.

FRIDAY It's 7.30am and Jen's already annoyed me by complaining I don't use a photo of her as my phone's screensaver. I'm 31 – *seriously*? I remind her the only pics I have of her from the past three months are all hefty hints – her holding other people's babies and smiling. That causes another row. She wants a baby, and the fact that I can't even commit to having her on my phone is apparently a bad sign. I offer to take a photo, but she's not wearing makeup and it annoys her even more. At work later, I feel bad and text her to say I love her. She replies 10 minutes later, saying it back.

SATURDAY Shuffling through the Saturday-afternoon pub crowd, I'm angry. I was up for one more pint after the football, but Jen's reminding me we'd promised to 'Do Something Fun'. Excitement used to be spontaneous. I suggest the cinema, but she wants to do something 'where we can talk'. That's all we do: talk. I feel a row brewing. But when I get in, she says she just wants to watch a TV drama and snuggle. Without saying a word, things fall weirdly (but happily) back into place.

SUNDAY I'm watching TV in the living room and Jen is Whatsapping from the bedroom asking why I won't come to bed. She accuses me of not wanting to spend time with her. I'm tempted to ignore her, but the programme's nearly finished so I go to bed. With barely a word, the lights go out and I stare at the ceiling, wondering whether sex would be totally out of the question... ♦

It's morning and she's already annoyed me!



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'THE DAY BRITAIN AS I KNEW IT CHANGED'

As we near the 10th anniversary of 7/7, Sajda Mughal, 33, a Muslim survivor of the bombings, tells *Cosmo* how it changed her life forever

I was clothes shopping with my mum in central London when I suggested we take a break in a department-store cafe. As we walked in, other customers turned and stared at us – then when we sat down, some whispered. One couple moved away to another table. Unfortunately, I knew why: Mum was wearing her hijab, and it was just a couple of days after two Muslim men had killed the soldier Lee Rigby in May 2013.

I felt a familiar burst of anger and frustration – we were being painted with the same brush as those murderers, simply because we were Muslim too. But, sadly, Mum was used to it. “Just leave it,” she said quietly. I couldn’t – and it played on my mind for the rest of the day.

It never used to be like this. I first noticed a rise in distrust, suspicion and downright hatred towards Muslims after the London bombings on 7 July 2005, which were carried out by four Muslim men and killed 52 innocent people. That day changed my life forever – not just because of its effect on my friends, family and community, but because, aged 22, I nearly lost my life. I was on the same Tube train as one of the suicide bombers.

That morning had been uneventful. After breakfast, I texted my boyfriend Ahmed, then rushed to catch the Tube into central London, where I worked in recruitment. I was running late, so my main thought was, ‘Hurry up,’ as the train rumbled along.

At 8.50am, we left King’s Cross station, but seconds later there was a huge bang and the train jolted to a stop. I fell forward in my seat and standing commuters were thrown to the ground. The lights went out and emergency ones kicked in. It was dark, hot and, being rush hour, crowded – I was so, so scared.

I expected to hear the driver come on the speaker to explain what was going on, but that never happened. As black smoke filled the carriage, I began to panic, and I took off my blazer, desperately trying to cover my face. Other passengers banged on the doors and windows >



Women counter the rise in Islamophobia



The bus destroyed by one of the bombs



Sajda received her OBE from Prince Charles earlier this year

hysterically. I started to pray, 'Please, God, don't let this be it. I haven't got married, had children or seen the world.' I thought we were all going to die – until 45 long, horrific minutes later, I heard a faint voice. "It's the police. We're coming to get you." I can't begin to describe the sense of relief.

We surfaced at King's Cross to chaos. I found a nearby McDonald's, ordered a cup of tea – anything familiar to anchor me – and tried to compose myself. I phoned my mum and Ahmed, but couldn't get through. With no public transport running, I had no option but to numbly walk the six miles home.

That evening, after an emotional reunion with Ahmed and Mum, we watched the news unfold on television. The explosion had been caused by a bomb – one of four detonated that day by Muslims describing themselves as 'soldiers'. But as a Muslim myself, I knew Islam didn't teach murder. That's when it dawned on me: the worst might have been over, but something else was just beginning, and it would affect my life forever.

The next few months were tough. I needed counselling and time off work, and suffered flashbacks. But the entire Muslim community suffered too. There was a rise in hostility towards us that I'd never experienced before.

I saw women wearing headscarves subjected to abuse. They were spat and

shouted at and had their headscarves torn off, and people moved away from them on buses. One day, a friend and I were walking down the street when a car with two men inside pulled up beside us. "Have you got a bomb under your headscarf?" one yelled. "You f***ing terrorist. Go back to your f***ing country." Then he spat out of the window. My friend burst into tears. I tried to console her. "They're just two guys," I said. But inside, I was angry. Britain as I knew it had changed.

'I thought it was over, but realised it was the start of something else'

I went back to work a couple of months later, but still had unanswered questions.

I'd wake up thinking, 'What could have been done to prevent it?' I had to find the answer. I was sure radicalisation was to blame, so I started researching online to see what kind of information was out there. I found videos of

hate preachers encouraging viewers to kill non-Muslims and those from other religious groups. This vile content was freely available online – which meant young, vulnerable people could access and be influenced by it. I was shocked.

I realised something had to be done – and I wanted to be part of it. So in 2008, I quit my job to work more closely within my community at JAN Trust, a non-profit organisation that supports women in minority communities to help them lead better lives – I'm now

director. It allowed me to delve deeper into what I had seen online, in terms of radicalisation, and develop a programme called Web Guardians that fights against it. Part of my work is to educate and equip Muslim women, giving them IT skills, exposing them to online extremism and providing them with a counter-narrative to help them channel their children's grievances – such as disagreeing with the war in Iraq – in a positive way, rather than through violence.

Now, I'm married to Ahmed and we have two daughters, aged five and two. When I see Islamophobia day to day, I'm concerned for them. Hatred comes from a need for more education and communication between communities.

In February, I was honoured to be awarded an OBE for my work towards community cohesion. Getting recognition felt amazing, but I want it to be the start of things. My job is far from over. These issues still exist and, until they don't, I'll keep on fighting. ♦

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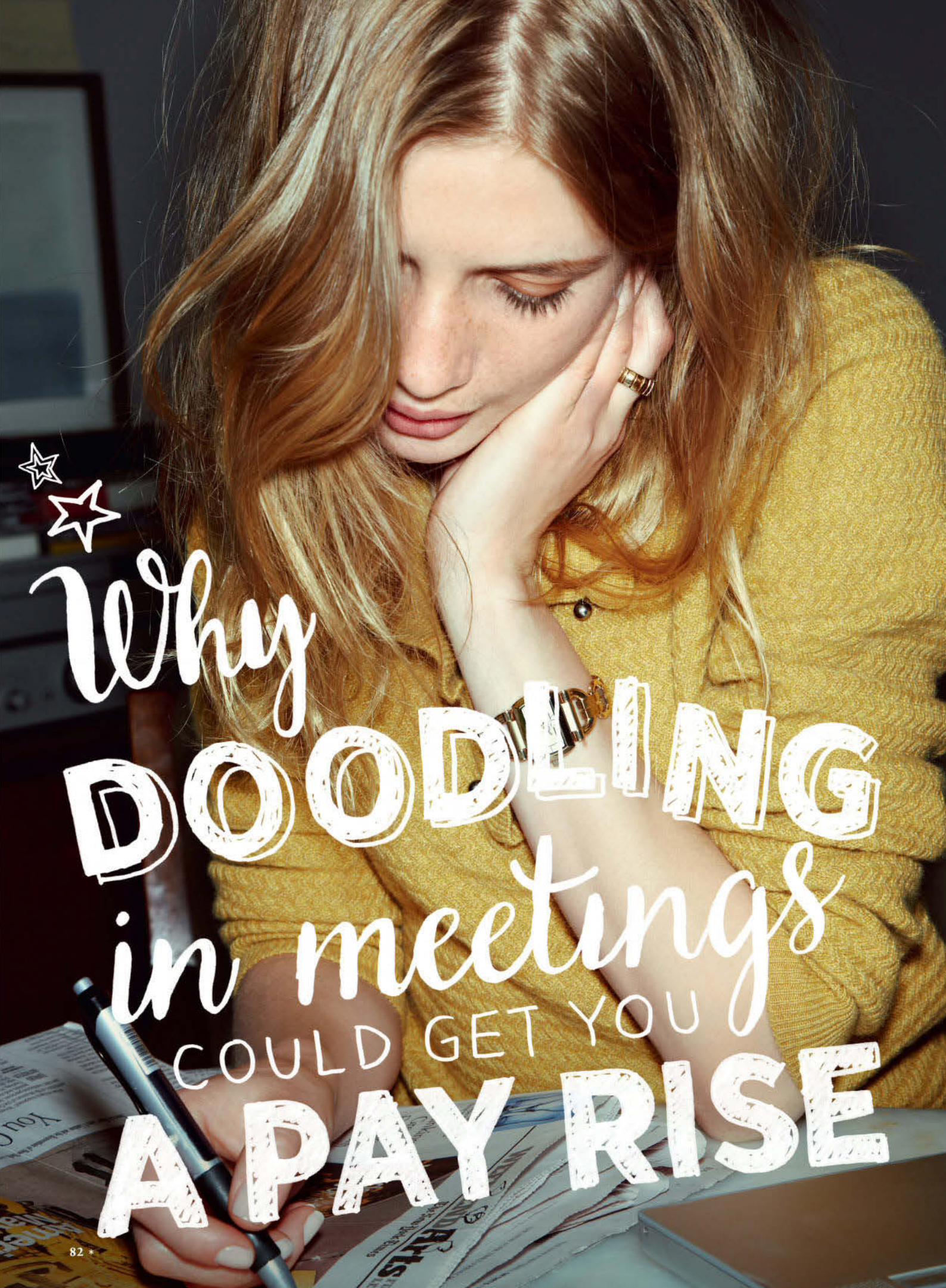
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Have you ever caught yourself saying, "Wow, there are just *so many hours in the day*. I've got everything done – and then some."

No? Us neither. Which is why, when we heard about two new books promising to help you steal back time, we just had to read them. Here's our edit of their best advice – get ready to see some *seriously* positive changes to your schedule...

MEET THE EXPERTS



Time-management expert Laura Vanderkam

interviewed 1,000 women who earn more than \$100,000 for her book *I Know How She Does It*, which shows how to nail your work/life blend.



Businesswoman Shaa Wasmund, MBE (who launched her career off the back of a *Cosmo* writing competition), reveals everything you need to know to start working smarter and living better in *Do Less, Get More*.

Doodle in meetings

If your mind wanders, using different parts of your brain to jazz up a dull activity can help you focus, says Shaa. Studies show putting pen to paper in a meeting, by taking notes or doodling, occupies the extra bit of brain space that gets tempted to daydream about lunch.

Easy does it

Don't overcomplicate or dismiss an idea if it seems too easy – just like an LBD, simplicity can be key. Step back and see if there's a more direct way to get the job done. "For example, the most successful lawyers and accountants are those who cut the jargon and address clients with everyday language," says Shaa.

Work to a 168-hour schedule

Sounds terrifying, but the problem is we often think balance is achieved by trying to fit work, play and sleep into 24-hour blocks, whereas this could actually harm your productivity as you're not being smart with your time. "It's possible to enjoy more personal time if you plan your 168-hour week as a whole, rather than taking it day by day," advises Laura. For example, if you ignore the urge to cram in a set number of downtime hours each day, you could free up a swathe of time later in your week. And that gives you time to indulge in something more enjoyable than just falling into a Facebook hole. Clever.

Stop juggling

Being constantly busy is equated with productivity, but Shaa says the opposite is true. "Every time you're distracted from a job, it takes an average of 11 minutes to get your focus back," she says. "Stick to one thing at a time, if possible – even if only in 30-minute slots." Noted.

Feel the love

If your working days are getting stale, think back to when you started the job. Chances are you won't have applied for a role you thought sounded dull. Spend time on elements you love – put yourself forward for projects that excite you or grab coffee with an inspiring colleague. "Don't let taming your inbox outweigh the cool parts of your job," advises Laura.

Use the 80:20 rule

The idea behind the 80:20 principle is that 20% of the activities you choose to do provide 80% of your happiness – so make sure you're giving those things the attention they deserve. The principle can be applied to how effective you are at work too. "If every task you face seems equally important, ask yourself, 'What's the one thing I

can do today that will make the biggest difference?'" says Shaa.

Think like a chef...

... even if your job has nothing to do with food. Figure out the steps you'll need to take to ensure 'dinner' (your end objective) is ready at the right time. "If 'dinner' needs to be ready for 6pm, count backwards and plan in advance when you should start various 'dishes' (tasks) and work out which steps can run concurrently," advises Laura. Allow time for unexpected setbacks too.

Regularly recharge

There's a maximum amount of time you should spend on any given task. "If you try to concentrate for longer than 90 minutes without a break, you're likely to start getting unproductive," says Shaa. Get your energy back with a short walk outside, or spend five minutes away from your desk making coffee.

Appreciate your free time

Meeting cancelled? Last-minute free time can be viewed in two ways: as a chance to indulge (hiya, Asos!) or to be extra-productive – just don't waste it. Laura recommends making a list of things you wish you had more time for, such as errands or calling that friend you've been neglecting. Tick something off if a gap appears in your schedule.

'DITCH YOUR NEGATIVE THOUGHTS AND YOU'LL HAVE MORE TIME TO FOCUS ON WHAT MATTERS'

Get in the zone

Meditation still hasn't lost its cheesy rep, but, says Laura, it's a great way to sort your virtual filing cabinet. Ditch negative and unnecessary thoughts (why *hasn't* your mate replied to your hilarious Whatsapp yet?) and you'll have more time to focus on what matters. Get started with an app such as Headspace.

Transform your fear

Work out what you're afraid of – are you ignoring that task because you did badly on something similar last time? – and tackle it head-on. "It >





takes practice, but if you're willing to change your perspective, your fears can become a source of inspiration," says Shaa. Look at the flipside – nothing is a 'failure'; you were brave enough to take a chance and you learnt from it. Go you!

Make a time log

Keep track of how you *really* spend your time. "Keep a log for a week or two," says Laura. "Break activities down into categories, such as work, play and sleep. Decide how long you'd like to spend on each, and work out how changing your schedule can get you closer to that ideal." Can you pay bills on your commute, or shave an hour off your Saturday lie-in?

Ditch and delegate

Don't try to be a superhero; if you really don't have time to write a report for your boss, say so. Rather than producing something rushed that reflects badly on you, take charge of delegating it, says Shaa – but make sure it's done properly.

Embrace that Friday feeling

Only 3% of us say Friday's our most productive day at work, while Monday morning is the most popular time for a meeting. This means planning to get the same amount of work done every working day could find you lagging behind. Taking an hour at the weekend

to prepare for the week ahead can help. As Laura points out, "By Sunday night, many people are in work mode already – and it'll lead to a more fulfilling week."

Personalise your productivity

If you're an early bird, Shaa suggests scheduling in the tough work (such as starting that research project you've been putting off) for first thing. If you know your productivity levels peak post-lunch, crack on with heavier tasks then.

Get flexible

UK employees who've been with their company for 26 weeks have the right to request flexible or compressed working hours. "One lawyer I spoke to got up at 4.30am, but then had all afternoon free," Laura says. "It sounds insane, but for her, those hours worked." If flexitime could make you more efficient, it could be time to draft a letter to your boss...

Be brave

Nobody's asking you to hire a flash mob to tell the guy next door you think he's hot, but taking a small step towards something you'd like to have in life will give you a shot of adrenalin, for a boost at home *and* at work. "Small steps are what really create a courageous life," says Shaa. So make the first move, and remind yourself it's for the good of your career...



Cosmo's resident superwoman solves your work dilemmas



I'm a writer trying to get my first novel published, but I'm finding the constant

rejection from publishers very hard to deal with. What are the best ways to stay motivated?

Jessica, 24, London

KARREN SAYS Understanding why you've been turned down can put you in a powerful position. If you get a rejection letter, use the opportunity to ask for feedback – in knowing where you're not connecting, you'll be able to make positive changes and create a plan of action. Take note of suggestions and use them as motivation; it shows you're being taken seriously and gives you an expert opinion.

What you also have to remember is that it's not always your novel, or you, that's lacking – sometimes it's just not what they're looking for. Timing plays a big part, so don't be afraid to take a step back and focus on something else for a while, to help see things more clearly.

Ultimately, it's how you deal with rejection that matters most. Many best-selling novels were repeatedly turned down at first – so being able to grit your teeth and keep going is crucial. If you truly believe in what you're doing, very often you'll achieve success. ♦



HAVE YOU GOT A WORK DILEMMA?

Tweet us
@CosmopolitanUK using #KB,
or email
questionforkarren@hearst.co.uk

Peek in the purse of... ROCHELLE HUMES



"My purse and my handbag are always rammed. I've usually got a nappy and a dummy in there. There's always something to do with my daughter Alaia-Mai,

who's two, such as baby wipes or a toy. I used to think I had the world in there, but then I had a child and realised what that *really* means! "I use my cards for everything – I never

have cash, I'm terrible with that. I can be good with money, but then I like to spend it too! My husband [Marvin] will probably tell you I'm a splurger. I just sort of think, 'Oh, why not?'"



Do you know what Infrared-A is doing to your skin?

Protect yourself against up to 4x more of the sun's rays*

- Infrared-A makes up 30% of the sun's rays; UV accounts for just 7%
- Infrared-A penetrates deeper into our skin and may cause accelerated ageing, loss of firmness, wrinkling and long-term cell damage
- Ladival's Advanced Infrared-A Defence System protects against UV-A, UV-B **and** Infrared-A; that's 4x more of the sun's damaging rays*

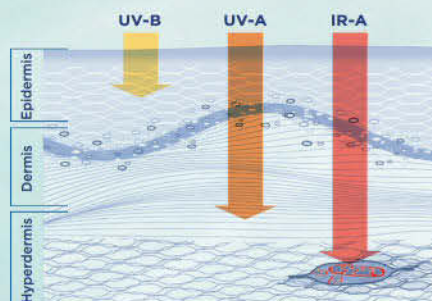


Diagram showing the sun's rays penetrating your skin.



Ladival. Sun protection in a new light.

Ladival is available in a variety of SPF levels and formats for both adults and children.
*Compared to UV-A/UV-B only sun creams.

INTO THE BLUE

*Bring out your inner Bond girl with the season's
bright, scuba-inspired swimwear*

Fashion SHELLY VELLA Photographs BEN RIGGOTT



Top, £392, Kirsty
Ward. Swimsuit,
£216, Melissa
Odabash. Hat, £145,
Marc Cain. Watch,
£95, G-Shock >



Swimsuit,
£59.99, Roxy.
Sunglasses,
£50, Polaroid at
Sunglasses Shop



Bikini top, £12;
bottoms, £10, both
Next. Hat, £30,
Lucky Seven. Watch,
£120, G-Shock >



Jacket, £25,
Boohoo. Bikini,
£89, Triangl

Bikini top,
E40, Freya >







Jacket, £100;
swimsuit, £156, both
Wildfox. Sunglasses,
£300, Dior. Watch,
£229, Seiko >



Jacket, £49,
Dorothy Perkins.
Swimsuit, £34,
Topshop. Watch,
£129, Guess

Bikini, £30, Topshop.
Sunglasses; watch,
as before

Hair Ian Djurkin at
Artist-management.
net.

Makeup Brian Duprey
for Bobbi Brown at
Judy Casey Inc.

Model Olivia
Greenfield at
Next Miami.

Fashion Assistant
Katie Saxon.

Location Virginia
Key, Miami.

With thanks to
Hotel Victor South
Beach, Miami,
Hotelvictorsouth
beach.com






A fine Romance

*Say hello to your seriously indulgent
buys – lace, crochet and sheer chiffon...*

*Fashion SHELLY VELLA
Photographs MICHELLE V*



Dress, £338,
Rebecca Taylor >



THIS PAGE
Bra, £29.50, Rosie
for Autograph at
Marks & Spencer

OPPOSITE PAGE
Skirt, £75, Asos >





OPPOSITE PAGE
Kaftan, £55,
Warehouse.
Trousers,
£32, Asos

THIS PAGE
Dress, £26,
Dorothy Perkins >







OPPOSITE PAGE
Kimono, £50;
top, £25; shorts,
£28, all Pacha
for River Island

THIS PAGE
Dress, £79,
Miss Selfridge

Hair and makeup
Lisa Valencia at Carol
Hayes, using Cloud
Nine and Kryolan.
Model Isabelle at
Milk Management.
Fashion Coordinator
Holly Coopey.
With thanks to
Kuramathi Maldives,
Kuramathi.com.

• For a behind-the-
scenes look, go to
[Cosmopolitan.co.uk/](http://Cosmopolitan.co.uk/entertainment/travel)
entertainment/travel



Dress, £195, Reiss.
Shoes, £56, Topshop.
Sunglasses, £675,
Linda Farrow. Belt,
£25, Rokit. Bracelet,
£129; bangles, £89
each, all Sophie
By Sophie >

Night fever

Say hello to your gorgeous new party pieces - '70s styling optional

FASHION SHELLY VELLA
PHOTOGRAPHS BEN RIGGOTT





Top, £120, Equipment.
Peace necklace, £1,450,
Sophie By Sophie.
Necklace, £330, Assya
London. Cuff (just seen),
£500, Chanel >



Top, £20; trousers,
£38, both River Island.
Bag, £295, Lulu
Guinness. Black cuff,
£15; cuff, £14, both
Freedom at Topshop



Top, £25, Miss
Selfridge. Trousers,
£40, River Island. Belt
(just seen), £15, Rokit.
Clutch, £326, Buba
London. Necklace,
£319; bracelet, £129,
both Sophie By
Sophie. Ring, £70,
Assya London >



Swimsuit, £216, Melissa Odabash. Skirt, £40, River Island. Shoes, £855, Charlotte Olympia. Clutch, £245, Lulu Guinness. Earrings, £45; cuff, £47, both Ottoman Hands

Swimsuit, £189,
Pistol Panties. Shoes
(just seen), £495;
clutch, £1,975, both
Christian Louboutin.
Sunglasses, £675,
Linda Farrow. Earrings
(just seen), £270;
orange necklace, £425,
both Assya London.
Necklaces, from £74,
Swarovski. Ring, £110,
Feather & Stone >



Dress and belt, £377, Halston Heritage. Shoes, £56, Topshop. Clutch, £345, Carlo Pazolini. Earrings, £3,050; red bangle, £109; bangle, £89, all Sophie By Sophie

Hair Ian Djurkin at Artist-management.net. Makeup Brian Duprey for Bobbi Brown at Judy Casey Inc. Model Ellie Bennett at Next Miami. Fashion Assistant Katie Saxon. With thanks to the Hotel Victor South Beach, Miami, Hotelvictorsouthbeach.com.



The edit

HOLIDAY FEVER

From tropical beaches to hip cityscapes and Ibiza club nights, check our Cosmo guide for all your vacation needs

Sunglasses, £25,
Cheap Monday at
Urban Outfitters



Bracelets,
£12 for the set,
Accessorize



Shoes,
£130, Carvela
Kurt Geiger



Bikini top, £17.50;
bottoms, £22.50,
Playful Promises



Clutch, £59,
Dune



Skirt, £30,
Simply Be

Tropical beach

Head for the heat with plenty of palm prints and paradise-inspired separates

Jumpsuit,
£39.99,
H&M



Necklace,
£39,
Boden



Sunglasses,
£143, Ray-Ban
at Sunglass
Hut



Swimsuit,
£15, F+F



Ring, £69,
Swarovski



Shoes, £99,
Dune Black



Top, £99, Ted Baker

Shoes, £110,
David Kafri
for Mulo at
Net-A-Porter



Sunglasses, £15, Accessorize



Top, £18;
shorts, £25,
Missguided



Bikini top, £32;
bottoms, £16, Calzedonia



Shorts, £35,
Miss Selfridge



Earrings,
£7.99,
Bershka



Swimsuit,
£35, Very



Hat, £45,
Jigsaw



Bracelet, £15,
Lulu Kennedy
for Marks &
Spencer



Bag, £25, Accessorize



Dress, £16,
F&F



Shorts,
£16, River
Island



Shoes,
£25, Very



Jumpsuit,
£45, Miss
Selfridge



Bikini, £110,
Marianna G



Bumbag,
£28, River
Island



Sunglasses,
£201, Miu Miu at
Sunglasses Shop



Necklace,
£155, Butterfly
Jewellery



Shoes,
£69, Boden

Mexican adventure

*A Latin-American excursion
demands eclectic prints
and vibrant accessories*



Shoes, £120,
Camper



Jacket, £259, Velvet by
Graham & Spencer at Matches



Bracelet,
£60, Anna Lou
Of London



Necklace,
£25, Marks
& Spencer



Dress,
£49.50,
Twiggy for
Marks &
Spencer



Dress,
£45,
Asos



Bikini top, £18; bottoms,
£14, River Island



Bag, £35,
Miss Selfridge



Shoes, £39.50,
Lulu Kennedy for
Marks & Spencer



Shorts, £48,
Glamorous



Swimsuit, £82,
Beach Riot



Necklace,
£29.99,
Mango

Watch,
£75,
Olivia
Burton



Jacket,
£39.50, Indigo
Collection
at Marks &
Spencer



Dress,
£39,
M&Co



Sunglasses,
£176, Dolce &
Gabbana at
Sunglasses Shop

Top,
£19.99,
H&M



Earrings,
£18,
Coast



Clutch, £45,
Accessorize



Bag, £32,
Accessorize



Scarf,
£120,
Lily And
Lionel



Shoes,
£42,
Asos



Shoes, £135, Senso
at Donna Ida



Dress, £120, Joy

Country girl

*A summer-garden staycation
is the perfect excuse to bring
out the blooms*



Headband,
£12,
Accessorize



Shoes, £79,
Jigsaw



Sunglasses,
£60, Jigsaw

Top, £99,
Ted Baker



Skirt,
£165,
Karen
Millen



Bikini top,
£27.50;
bottoms,
£21, Playful
Promises



Bag, £55,
Star by Julien
Macdonald



Clutch, £59, Boden



Dress,
£65,
Yumi



Shoes, £125,
LK Bennett



Dress,
£354,
Narciss



Jacket, £95,
Darling London





Sunglasses, £112, Ray-Ban at Sunglasses Shop



Skirt, £18, River Island



Bikini top, £26; bottoms, £16, Red Herring at Debenhams



Shoes, £48, Office



Hat, £18, Oliver Bonas



Trousers, £228, AG at Selfridges



Top, £26, Glamorous



Bag, £19.50, Accessoryo



Top, £30, Next



Shoes, £48, Office

Skirt, £250, Karen Millen



Jacket, £28, Asos



Sunglasses, £16, The Mix London



Skirt, £39.99, Mango

Necklace, £22, Regal Rose



Ibiza chubbing

Pack the most versatile beach-to-bar wardrobe for maximum nightlife fun



Bum bag, £12, F+F



Rucksack, £30, River Island



Bikini, £135, Forever Unique



Shorts, £12.99, Bershka



Sunglasses, £35, Quay at Urban Outfitters



Shoes, £85, LK Bennett



Kaftan, £100, Forever Unique



Top, £20, River Island



Rucksack, £60, Next



Bikini top, £28; bottoms, £24, French Connection



Shoes, £140, Swear London



Sunglasses, £95, Carrera at Sunglasses Shop



Bag, £64.99, Mango

Shoes,
£44.99,
Tamaris



Top, £25; skirt, £32, Very



Sunglasses,
£50, Le Specs at
Urban Outfitters



Bag, £28, Floozie
by Frost French
at Debenhams

Watch,
£99.99,
Storm



Swimsuit,
£19.99, H&M



Bikini top, £3;
bottoms, £4,
George



Bag, £35,
Accessorize



Earrings,
£38, Butterfly
Jewellery



Shoes,
£110,
French
Connection



Top, £14,
River Island



Flip-flops, £44,
Holster Australia



Hat, £16,
Oliver
Bonas



Miami sunset

Get into the beach vibe with flamingo and pineapple prints aplenty – perfect for sundown cocktails

Shorts and
top, £30 for
set, Floozie by
Frost French at
Debenhams



Bag, £445,
Coach



Sunglasses,
£10, River
Island



Dress,
£160,
Skeena S



Clutch, £59,
Dune



Shoes, £65,
River Island



Flip-flops, £20,
Havaianas



Bag, £99,
Ted Baker



Necklace, £25,
Accessorize



Bikini
top, £10;
bottoms,
£6, F+F



Shoes,
£85, Dune



Dress, £60,
French
Connection



Cuff, £98,
Buba London



Shoes, £75,
CK Calvin
Klein at
Zalando



Dress, £165,
Karen Millen



Top,
£19.99,
Mango



Shoes, £28,
Office



Bag, £55,
Cambridge
Satchel
Company



Jacket, £69,
Goldie London

Jacket, £180,
Armani
Exchange



Jacket, £175,
Topshop x Adidas



Top, £29.95,
Seasalt Cornwall



Bag, £39,
Accessorize



Sunglasses,
£25, Spitfire
at Urban
Outfitters

Trousers,
£75, French
Connection



Scarf, £17,
Accessorize

Cityscape break

*A cool urban getaway calls for slick, smart
summer pieces and wearable shoes*

Shoes, £34.99,
Mango



Shorts, £20,
Next



Shoes, £35,
Schuh



Jacket, £155, G-Star



Sweatshirt, £20,
Missguided



Skirt, £65,
Agnès B



Playsuit, £30,
Floozy by Frost
French at
Debenhams



Top, £10,
George



Shoes,
£110,
Dune



Bag, £24.95,
Lands' End



Shorts,
£39,
Darling
London



Top, £28, Miss
Selfridge



Sunglasses, £117, Ray-Ban
at Sunglasses Shop



Shorts, £29,
Samantha
Fairst at Very



Bracelet,
£18.50,
Freedom
at Topshop



COSMO PROMOTION



In her *SHOES*

Sore and aching feet don't need to be a problem anymore, as jewellery designer Lizzie has discovered...

If you're fed up with your feet hurting after being on them all day, you need to try Scholl Everyday Gel Activ Insoles, RRP £14.99 – as ace jewellery designer Lizzie Burns of Eaburns.com can testify. Always on the hunt for new ideas, Lizzie is on the go day in, day out, pounding the pavements of London sourcing materials and visiting clients. “I walk

everywhere when I'm in London,” she says. “A lot of the places where I find my raw materials are within a mile of each other, and I get so much inspiration from my surroundings, especially the mix of old and new buildings.

“The first time I tried Scholl Everyday Activ Gel Insoles, my feet felt great – they didn't ache at all and definitely didn't need as much TLC.”

“The first time I tried Scholl Everyday Activ Gel Insoles, my feet felt great – they didn't ache at all and definitely didn't need as much TLC.”

Lizzie, jewellery designer

TAKE CARE OF YOUR FEET

Scholl Everyday Gel Activ Insoles, RRP £14.99, make every day feel better. The Gel Activ technology acts as a cushion, providing comfort and support with every step you take. Scholl has also created Sports and Work insoles – specially designed to provide superior shock absorption where it's needed most. A must-have for comfort, whatever you do! Find out more at Scholl.co.uk.



Catwalk to curvy

Not got a thing to wear?

Don't worry – we've enlisted Asos stylist **Felicity Hayward** to get you through whatever type of do you're invited to this summer. Time to get your glam on...

£65, Julien Macdonald at Debenhams



£40, River Island



£25, Next



£45, John Rocha at Debenhams



£55, Matthew Williamson at Debenhams



£32, Evans



£30, Evans

£17.99, New Look



Upper arms

A kimono-style top or dress is ideal if you'd rather cover your arms. The additional room means you don't have to worry about tight sleeves (especially if you like to break out those Beyoncé moves on the dance floor!).

Dress, £95; shoes, £40; clutch, £18, all Asos



CHECK OUT MORE LOOKS OVER THE PAGE



Dress, £32; shoes, £38; clutch, £18, all Asos

Tummy

A '50s-style prom skater dress is your party go-to if your stomach's not your favourite area. I'd also opt for a strong scuba material (see the dress I'm wearing, above) as it doesn't cling and creates a princess-worthy shape.



Clutch, £29.99, H&M

Dress, £90, Matthew Williamson at Debenhams

Dress, £99, Per Una Speciale at Marks & Spencer

Legs

Not a fan of getting yours out? Opt for a maxi dress. It's super-elegant and it'll also elongate your figure, as well as giving you the option of wearing either flats or platforms. And don't be afraid of long sleeves too – as you can see, the whole look needn't swamp you.



Waist

A jumpsuit with a cinched-in waist is genius if you're trying to create an hourglass figure. Conscious of your belly area? Simply go up a size, or exaggerate your waist with a flattering belt.

Dress, £80; shoes, £38; clutch, £35, all Asos

Dress, £55, Matthew Williamson at Debenhams

Dress, £55, Debenhams

Dress, £65, Debenhams



Clutch, £32, Debenhams



Dress, £70; shoes, £38; clutch, £18, all Asos



Bag, £50, River Island



Jumpsuit, £38, Asos



Jumpsuit, £40, Next

'OCCASIONWEAR DOESN'T HAVE TO BE TRICKY'



As someone constantly surrounded by gorgeous pieces of clothing, you'd think magicking up a special outfit would be a no-brainer for me. Not

so. I LOVE beautiful dresses, but don't feel the same way about my legs, so the thought of wearing anything but a floor-sweeping maxi is a total trauma. I've tried fake tan

(disaster), the right heels (I was lame by the end of the night) and asymmetric hemlines (don't ask), but I always come back to my tried and trusted maxi. The

moral of the story? Find what makes you feel amazing and make it work for you.

Stacy Vena

**Cosmo's
Fashion
& Style
Director**

Made for
sharing summer styles and the latest gossip...



Playsuit
£16

Playsuit **£16**
Shoes **£20**

Top **£10**
Shorts **£10**
Shoes **£20**
Hat **£8**

MATALAN
Made for Modern Families

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Products are subject to availability whilst stocks last. Some products may be available in selected sizes or stores only. Full terms and conditions apply, see www.matalan.co.uk or ask in store.

POP YOUR COLOUR

The colour you wear on your lips says a lot about your personality. So how are you feeling today? Clinique has a shade for you...



Lip colour THAT WOWS

Clinique Pop™ Lip Colour + Primer is a new 16-shade-strong lipstick collection that will change the way you wear lipstick. Its built-in primer offers the ultimate comfort, with a long-wearing, non-feathering and super-moisturising formula that doesn't compromise on full-impact colour. The exciting shade range means that whatever your style or current mood, you'll find the right colour to express yourself to the world. Feeling bold? Reach for Poppy Pop or Wow Pop. Prefer a more toned-down vibe? There's a great selection of flattering nudes too. At just £16 each, your new lip look starts here. So how are you going to pop today?

Find out more on Clinique.co.uk

*“Due to the brilliant
formulation, texture
and pigment,
Clinique Pop glides
on perfectly directly
from the bullet”*

FLORRIE WHITE, CLINIQUE UK
COLOUR ARTIST



Catwalk to COSMO

A trend that'll last through this season and the next, here's how to make retro look right

SUPER-COOL '70s



1 Designer style

Coat, £399, Gestuz. Top, £70, Topshop Unique. Jeans, £235, Hudson. Shoes, £125, Russell & Bromley. Scarf, £20, TM Lewin. Bag, £870, Marc Jacobs. Ring, £190, Annelise Michelson



**CHECK OUT OUR STYLE
STEALS OVER THE PAGE**



Jacket, £120; waistcoat, £35; trousers, £70, all Asos. T-shirt, £25, Jackie Magazine x Asos. Shoes, £49, Topshop. Rings, £16 for set of five, Freedom at Topshop

PS

This boho look is perfect for a festival. The easiest way to wear this trend is to mix up prints with a touch of suede, rock flared jeans or pop on a pair of dungarees. For a sexy '70s silhouette, wear a wide belt over a frilly blouse.

Style steals

Dress, £65, River Island. T-shirt, £19.99, Truffle Shuffle. Shoes, £68, Topshop. Belt, from £62, Chatelaine



Top, £28, Next



Shoes, £65, Office



Sunglasses, £8, Dorothy Perkins



Jeans, £42, Topshop



Bag, £20, Simply Be



Coat, £149.99, Mango ♦

FASHION HOLLY COOPEY. PHOTOGRAPHS PETER PEDONOMO. HAIR HEATH MASSI AT FRANK AGENCY, USING HAIR REHAB LONDON. MAKEUP GEMMA TYLER, USING URBAN DECAY. NAILS SABRINA GAYLE AT LMC WORLDWIDE, USING ONLY FINGERS + TOES. MODEL CANDICE AT NEXT. FASHION ASSISTANT ARNDT STOBBA

COSMO PROMOTION

Shop the holiday edit

Step off the plane in style with George at Asda's super-chic holiday collection. Plus, check out George.com for inspo on how to look amazing, wherever your travels take you. Just add a cocktail...

Kaftan, £14.
Swimsuit, £14.
Earrings, £3 for pack of three pairs.
Bangle, £4 for pack of 12

Chase the sun

Jetting off to sunny climes? Fill your suitcase with chic summer buys for your most stylish holiday yet

George
Exclusively at ASDA

#FASHION **UNEXPECTED**

GET YOUR TICKETS FOR **COSMOPOLITAN** #fashfest 2015



DON'T MISS OUT ON OUR BIG FASHION WEEK!

Cosmopolitan's five-day festival of fashion, #fashfest, is back – and you're invited. #fashfest is your chance to experience and celebrate fashion from the front line. Join celebrities, industry insiders and designers; learn the fashion secrets of the stars (and their stylists), and shake it off at London's hottest after party. There'll be cocktails, canapés, beauty treatments, big fashion discounts and goody bags galore – so make sure you don't miss out!

**5 FABULOUS
FASHION
EVENTS**
OVER FIVE DAYS

SIGN UP FOR **#FASHFEST**
TICKETS AND BE THE
FIRST TO EXPERIENCE
OUR BIGGEST AND BEST-
EVER FASHION EVENTS
COSMOFASHFEST.CO.UK



Laura Whitmore hosted last year's catwalk show...



... and Pixie Lott chatted to *Cosmo* Editor-in-Chief Louise Court



DAY 1

MONDAY, 14 SEPTEMBER

THE LINGERIE SHOW

Location: One Marylebone, London NW1 4AQ

Need a lingerie-drawer overhaul and a decadent night out? *Cosmo*'s lingerie show is the perfect 'me-treat'. Shop the latest trends in lingerie while sipping champagne or cocktails and enjoying some pampering. Whether it's practical undies you're after or a gorgeous slip of lace to show off under your night-out finery, treat yourself to a ticket to the best night out in town.

DAY 4

THURSDAY, 17 SEPTEMBER

CATWALK TO COSMOPOLITAN FASHION SHOW

Location: Battersea Evolution Marquee, London SW11 4NJ

Bag yourself a FROW seat to get your fix of the latest catwalk trends: inspiringly styled, luxe looks that you can shop straight away from your favourite retailers. Get primped and preened at our beauty pitstops, indulge in cocktails and canapés and enjoy a spot of shoulder rubbing with the hottest celebs in town (last year Laura Whitmore presented and Millie Mackintosh graced the red carpet...). See you there. Mwah!

DAY 2

TUESDAY, 15 SEPTEMBER

THE TRUTH ABOUT CELEBRITY FASHION

Location: 1 Wimpole Street, London W1G 0AE

For one night only, a very special and stylish guest celebrity will be in conversation with *Cosmo* Editor-in-Chief Louise Court to give you an exclusive insight into the world of celebrity fashion. Then it's over to you to quiz our star with all your burning style questions.

DAY 5

FRIDAY, 18 SEPTEMBER

ONLINE DISCOUNT SHOPPING DAY & WRAP PARTY

Location: One Embankment, London WC2R 2AB

Gather your girlfriends for a shopping spree from the comfort of your own home, using our exclusive fashion and beauty discounts - then head to the hottest party in town to dance the night away to a rocking DJ set. And if you *still* haven't satisfied your retail urges, take a break from shaking it off to use our iPad shopping stations. (The deals start in the morning and end at midnight, Cinderella.)

DAY 3

WEDNESDAY, 16 SEPTEMBER

ACCESSORIES SHOWCASE

Location: One Horse Guards, London SW1A 2HU

Mad about bags? Obsessed with shoes? Yep, us too, so we're bringing them to life in our Art Of Accessories showcase. Whether it's footwear, jewellery or handbags, we've got the skinny on the latest trends that add sparkle and polish to any outfit. And because the evening wouldn't be complete without them, there'll be cocktails, canapés, beauty treatments and goody bags.



Millie Mackintosh walks the #fashfest red carpet in 2014



Catwalk CONTENDER

*Have you always
dreamt of being a model,
but thought you were too
curvy for the catwalk?
Think again. Your
chance to be the new
face of Simply Be is just
around the corner...*



Cami, £10.
Skirt, £25



Jumpsuit, £35



Dress, £55



LEFT: Dress, £55.
RIGHT: Jacket, £45. Top, £10. Skirt, £16.
BELOW: Top £32. Shorts, £20



Fashion retailer Simply Be has teamed up with *Cosmo* and Milk Model Management to call on women of all shapes and sizes to help challenge the current size limits of fashion models. Our #CatwalkContender search is looking for the UK's next successful curvy model. If you think you've got what it takes, then we want to hear from you! Tweet or Instagram your full-length pic to @SimplyBeUK using the hashtag #CatwalkContender. The winner will receive £1,000 to spend at Simply Be, a year's contract with Milk Model Management, plus the chance to model in Simply Be's Christmas campaign. To enter, you need to be over the age of 18, a size 12 or above, and at least 5ft 8ins tall. For more information and full T&Cs, head to Simplybe.co.uk/sb-edit/catwalk-contender. Entries are open from 2 June until 14 July 2015.



Jumpsuit, as above

SNAP THE PERFECT PIC!

To enter, you need to take a great natural photo of yourself. So, wear something that will define your shape – a fitted dress works really well. Your hair needs to be down, but away from your face. Makeup should be minimal – let your natural beauty shine through! Try out a few poses to see what shows off your curves to their best advantage and make sure you choose your background carefully. A location that isn't too cluttered or busy will work best as you need to be the focal point of the picture. Finally, good lighting is essential – a picture that's too dark won't give the judges a realistic idea of what you look like. Happy snapping!



£25, Quay Australia



Sunglasses

You'll want to be seen in one of these pairs of sunnies this summer, come rain or shine



*love that comfy
fresh feet feeling*



Enjoy the freedom to wear what you want
with Odor-Eaters® SlimSoles®.

Made specifically for women, the comfy, discreet design
and odour-neutralising technology means you'll be confident
to wear your highest heels – and take them off anywhere.



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A TOUCH OF MAGIC

Your summer
festival makeup
is all about
snowflake sparkles
and moonlit skin

Words &
beauty direction
INGEBORG VAN LOTRINGEN
Fashion & art direction
SHELLY VELLA
Photographs Mark Cant

PRODUCTS ON OPPOSITE PAGE, CLOCKWISE FROM BOTTOM LEFT: THE BODY SHOP MATTE KAJAL IN WHITE, £9. LAURA MERCIER FACE ILLUMINATOR IN INDISCRETION, £31. ILLUMASQUA SURGE EYE SHADOW, FROM LIQUID METAL, PALETTE 01, £31. ESSIE NAIL LACQUER IN BIKINI SO TEENY, £7.99. IRIDESCENT FLECKS, FROM A NAIL-ART SHOP. DIOR ADDICT GLOSS IN GOLD RAIN, £22. ORLY LACQUER IN CAKE POP, £10.50. MAYBELLINE COLOR SHOW EYESHADOW IN LUSTROUS BEIGE, £4.99. LOLA EYE SHADOW IN 015, £10. RIMMEL GOOD TO GLOW HIGHLIGHTER IN NOTTING HILL GLOW, £4.99. STARGAZER GLITTER STARS IN SPECTRUM, £2. CLINIQUE LONG LAST GLOSSWEAR IN CRYSTALLIZED, £16.

Top, Karen Millen.
Earrings (just seen)
Laura Gravestock

◆ Moonlight SHADOW ◆

"For eyes that look bathed in moonlight, select a metallic silver eyeshadow that's either a cream or a very fine, cream-like powder," says our makeup artist Lisa Valencia. "Smooth it all along the lower lashes and fan it out to the outer corners. Unless you're blessed with thick, dark lashes, add black mascara or super-fine black eyeliner. Nails in a pale blue or bluebell are a beautiful complement." >

◆ Frosted FLICKS ◆

"White eyeliner is much easier to wear than you think, provided you team it with plenty of black mascara for definition," says Lisa. "Closely trace your top lashline (gently pulling the skin sideways at the corner of your eye to keep it taut) and continue out and up towards the brow corner. Then line your lower inner rim, and layer on mascara." Finish with a shimmery champagne-coloured gloss on your lips.

SPOTLIGHT YOUR FACE Highlight like J-Lo by creating a sculpting 'panel of light'. "Dust or blend highlighter down the bridge of your nose, Cupid's bow and chin, and along the tops of your cheeks (the area just under your eyes)," says Lisa. "Then use bronzer under the cheekbones and around the outer edges of the face only."

◆ Eye LIGHTS ◆

Why should nails get all the art? After defining model Amanda's lids and lower lashlines with a gleaming taupe shade, Lisa used tiny plastic iridescent flakes (find them at any nail-art shop) at the inner and outer eye corners, stuck with eyelash glue, which is safe to use on this delicate skin. "They add a magical kind of texture," Lisa says. Nails were painted a milky pink and their tips dipped in glitter while wet. >

◆ FROZEN STARDUST ◆

Lisa sculpted Amanda's lids with metallic taupe as before, then rubbed face gloss (clear lipgloss works fine as well) on her cheekbones. She then applied iridescent stars, "along the upper cheekbones, towards the temples". If you don't want to risk losing some of your stars along the way, use lash glue instead. Lips were dabbed with a sheer gold gloss.

FAIRY-WING SKIN A great trick (stolen from makeup artist Sharon Dowsett) for making skin look beautifully dewy is to use the same foundation brush to buff in moisturiser, primer and (luminous) base, one after the other. Then apply translucent mattifying powder with an eyeshadow brush to your T-zone only. ◆

Dress, Asos.
Earring, I Am by
Ileana Makri

As the UK's No.1 premium skincare brand, Clarins has a long history of pioneering skincare with scientifically proven natural ingredients. So why is Clarins still as relevant as ever? Because when you put years of scientific research into the properties of botanical ingredients, you get innovative and effective formulas that don't need reinventing.

Plant extracts are carefully chosen for their recognised skin-improving power, and each product is tailored to care for specific skin types and issues. Dehydrated skin? No problem. Like all Clarins oils, Blue Orchid Face Treatment Oil is made with 100% natural ingredients

'When you put years of scientific research into the properties of botanical ingredients, you get innovative and effective formulas that don't need reinventing'

and aromatic, potent plant extracts. The emollient essential oils of Blue Orchid blend with stimulating patchouli, soothing rosewood and vitamin E-rich hazelnut oil, to restore extremely dehydrated skin to softness and radiance.

Another essential for dry skin, the Clarins HydraQuench range boosts the skin's own hydrating mechanisms with two types of hyaluronic acid, working together to replenish the dermal reservoir and maintain surface moisture. In addition, katafray bark extract stimulates protein production deep in the skin, and sorbier bud extract promotes microcirculation for a radiant, healthy glow.

So go ahead, discover what nature and science together can do for you this summer.

The power of *NATURE*

For decades, science and nature have worked together in skincare from Clarins... that's why it's so effective



DISCOVER THE RIGHT SKINCARE REGIME FOR YOU Head to your nearest Clarins counter for a free skincare consultation, and when you buy a day or night cream, you'll receive a gorgeous complimentary kit to take away, including super travel sizes of the serum from the same range as your moisturiser, and the must-have Beauty Flash Balm. Visit Clarins.co.uk for more information or call 0800 036 3558 to find your nearest stockist.



THE SPF THAT WORKS HARDER IN WATER

Water and sweat are like kryptonite to sunscreen, so new technology that uses these two elements to boost its protective power has made waves on the *Cosmo* beauty desk. The Shiseido Expert Sun Aging Protection range contains (bear with us) negative ions that bond with the positive ions found in water and perspiration, strengthening the formula's water-repelling UV shield. Strict sunscreen regulations would advise you to reapply once out of the water, but it's safe to say that those pool volleyball sessions are certified sunburn-free. >

Top, Asos. Bikini bottoms, Triangl. Sunglasses, Ray-Ban at Sunglasses Shop

IF HANGING OUT IN THE SUN IS YOUR THING, YOU'LL NEED TO KNOW ABOUT THESE SEVEN NEW SUN-SAFE BREAKTHROUGHS...

Words CASSIE POWNEY and INGEBORG VAN LOTRINGEN
Fashion & shoot direction SHELLY VELLA. Photographs MARK CANT

THE FIERCE INFRARED FIGHTERS

The sun's UVA and UVB (ultraviolet A and B) rays have always been the baddies to watch out for. They still are, but there's another pesky ray that's been keeping a low profile. Infrared A penetrates even deeper than UVA, damaging cells by forming ageing (and sometimes cancer-causing) free radicals. Enter **Ladival**, a new suncare range that sends antioxidants directly into lower-level cells to boost their free-radical defences. We're also impressed by **Lancaster's** new dry oil. Offering UVA, UVB and infrared-A protection, its clever tan-activator complex also boosts and extends your glow.

A woman with long brown hair in a ponytail, wearing a colorful striped swimsuit, is drinking from a Fanta bottle. She is outdoors on a beach with palm trees in the background. The bottle is orange and has the Fanta logo. The woman has her eyes closed and a relaxed expression.

Swimsuit,
Seafolly

THE BLEMISH-BLURRING FACE PROTECTOR

If you're a primer-before-foundation kind of girl (and let's face it, in the summer who isn't?), you'll love Murad's silky, soft-focus formula with SPF30 UVA and UVB protection. It's packed with antioxidants to neutralise those damaging free radicals, as well as skin-membrane-mimicking plant extracts of barley, sunflower and cucumber. These contain the same lipids that make up the skin's protective barrier, so skin strippers such as pollution, extreme temperatures and cigarette smoke stand as much chance as the UV rays (so, not much, then).

THE SPF50 THAT BEHAVES LIKE SKINCARE

Droves of super-light, non-greasy lotions are now making their way into our beach bags, but Aesop's first sunscreen hits a new level of luxe. Lemon and spearmint essential oils give it a fresh, therapeutic whiff, with a silky, easy-to-blend texture that doesn't compromise its high UVA and UVB protection. Flexible polymers are to thank, as they help to disperse UV filters evenly over the skin (meaning you don't need as many), and a clever combo of two forms of vitamin E mops up free radicals via a super-light formula. >

Summer WHITES

Smile like you mean it with the beauty launch you can't afford to miss...

Get ready for this summer's hottest new product: Colgate Max White Expert White Toothpaste. And it's not just any whitening toothpaste – by working deeper than other toothpastes to remove stains and yellowing, it helps make your teeth whiter

“73% of participants agreed that using this toothpaste made their teeth look visibly whiter”*

and brighter than ever. It's the beauty accessory you'll never want to be without. Not convinced? Well, if it's proof of its benefits you're after, then here you go: consumer trials of the product showed that 73%* of participants agreed that using this toothpaste made their teeth look visibly whiter. Impressive! We think it's time you maximised your confidence every day, and Colgate Max White Expert White can help you do that. It's more than just a toothpaste – and if you want some great beauty advice on more than just your teeth, don't miss out on Colgate's secret beauty event (see right) and get a healthy, happy and white smile to compliment your style. Available from July. See more @ColgateUK



**Book
your tickets
NOW!**

You'd be seriously mad to miss this event – visit Cosmopolitan.co.uk/summersecret and book your place today!

SECRET SUMMER SMILES

Get expert advice at Colgate's secret beauty event on Tuesday, 23 June.

TIME 6pm-9pm

TICKETS £10

LOCATION Secret VIP London venue to be revealed

WHAT YOU GET

◆ Informal group session with a celebrity Harley Street dentist

- ◆ Celebrity beauty tips
- ◆ Makeup and hair station for the best beauty advice
- ◆ Expert advice from a photographer on how to achieve the perfect pose
- ◆ Bubbly and canapés
- ◆ Goody bag to take home



Colgate

THE SAFE ONCE-A-DAY SUNSCREEN

We do NOT recommend once-a-day sunscreens. Why? Because, while they can stop UVB rays burning your skin, they don't protect long-term (if at all) from UVA rays that mutate your DNA and cause ageing as well as skin cancer. UVA filters get broken down by sunlight itself, which is why you *must* reapply it every two hours. But there is one exception. **Ultrasun** uses technology that delivers UVA and UVB screens deep into skin, so they can't get broken down or washed off. We tried its face and body lotions under the scorching Caribbean sun, and boy, did they work.

THE ANTI-ALLERGY SPRAY

If your skin reacts badly to sunscreen (think: nasty rash), you could be allergic to chemical filters. So you'll need a chemical-free solution containing zinc oxide and titanium dioxide. These two minerals reflect UV rays away, instead of absorbing and neutralising them like chemical formulas. But there is a small catch: some can leave a white film on the skin. Thankfully, brands such as **Bioderma** are launching slightly less chalky versions, so you don't have to look like Casper The Ghost on holiday.

THE EYE-ONLY SUNSCREEN

If you've ever rubbed sunscreen in your eye, you'll know it's stingy hell. But with skin around our eyes being 20% thinner than anywhere else, this area is the most vulnerable to sun damage. This is where ray-reflecting minerals come in again – they won't irritate the eye area like chemical filters. **Skinceuticals'** new mineral eye protector also promises not to let makeup slide off your lids. **Kiehl's** has launched a similar mineral eye SPF that instantly brightens under-eye circles – massive bonus. >

Vest, Montreal
London.
Bikini, Triangl

BOTTLE BASICS

1 Reach for an SPF30 or higher.

2 Look for the words 'broad spectrum' or 'high UVA protection'. A product with SPF might offer UVB protection (ie, stop you from burning) but UVA is the primary ageing and cancer-causing ray.

3 The word 'photostable' should be mentioned somewhere. This means the sun's rays won't break down the UV filters, making it unsafe. Be aware that the alcohol found in some sprays is thought to affect photostability.

4 Your sunscreen should always be water-resistant.



BEHAVES LIKE SKINCARE



Aesop Protective Body Lotion SPF50, £27

Murad Invisiblur Perfecting Shield SPF30, £55



BLEMISH-BLURRING

THE FIERCE INFRARED FIGHTERS

Ladival Advanced Infrared-A Protection System SPF50+, £19.99



Shiseido Expert Sun Aging Protection Lotion SPF50+, £32



WORKS HARDER IN WATER

THE ANTI-ALLERGY SPRAY

Bioderma Photoderm Mineral SPF50+, £13.50



Kiehl's Clearly Corrective Dark Circle Perfector SPF30, £29



SAFE, ONCE-A-DAY SKINCARE

Ultrasun Face SPF50+ Anti-Pigmentation, £32



THE EYE-ONLY SUNSCREENS

Skincuticals Mineral Eye UV Defence SPF30, £26



Lancaster Dry Oil Fast Tan Optimizer SPF50, £24

Schwarzkopf LIVE has teamed up with five top UK bloggers to create a host of exciting new colour looks that will reignite your style

Your colour YOUR STYLE



HANNAH

Fiery reds are a huge trend, and Hannah got her red-hot look with the ultra-vibrant LIVE Real Red. Keep your colour fresh by topping it up with a semi-permanent colour such as LIVE Ultra Brights Pillar Box Red: mix a bit of the colour cream with your usual conditioner as often as necessary to keep your red bright!



Thanks to Schwarzkopf LIVE, now it's easier than ever to customise your colour and get a truly individual look, like our fab bloggers

MEGAN

For a subtler way to wear red, Megan opted for a multi-tone ombré in mahogany and auburn shades. Using LIVE Cherry Mahogany, add warmth to the top section of your hair, leaving the bottom sections for LIVE Absolute Platinum. Don't be afraid of the platinum: on darker hair it lifts the colour to a warm auburn shade, leaving you with a fabulously bold ombré.



LEANNE

Leanne created her custom pastel shades by mixing a small amount of LIVE Ultra Brights Raspberry Rebel with conditioner* for a soft, baby pink through the top. For the perfect lilac, she added a small amount of LIVE Ultra Brights Purple Punk and Electric Blue together with conditioner to finish her look through the ends. The colour you mix indicates how it will look on your hair, so just add extra colour cream for a more intense shade.



COLOUR CRUSH

Head over to Livecolor.co.uk for more exciting looks, how-to videos and blog content to inspire your own LIVE colour. Once you've been inspired, post a photo of your LIVE hair colour on the site, showing us your individual style.



THE Beauty LAB



3 of the best new dry shampoos

THIS MONTH WE'RE GOING LOW MAINTENANCE IN PREPARATION FOR FESTIVAL SEASON...



Colab Dry Shampoo Extreme Volume, £4.50

While I think 'extreme' is a bit of an exaggeration, this sweet-smelling dry shampoo strikes a great balance between de-greasing hair and giving it bulk. Having fine, limp locks myself, this is the perfect combo for reviving a flagging blow-dry. *Bridget, Online Beauty Editor*



Wella Eimi Dry Me Dry Shampoo, £12.50

This stuff is based on tapioca (of pudding fame), not talc, so it doesn't leave a powdery residue. What it *does* do is give serious instant volume, without the tackiness that tends to drag your hair down after a while. *Inge, Beauty Director*



Klorane Dry Shampoo With Oat Milk in Natural Tint, £7.50

I'm not entirely sure what shade this 'natural tint' is supposed to be, but it initially turned my brunette hair a weird peachy colour. That aside, once I'd brushed it out, it didn't leave a residue and my hair looked (and felt) nicely refreshed. *Lucy, Acting Beauty Writer*



Toni & Guy Hair Meet Wardrobe Matt Texture Dry Shampoo, £7.49

This fragrant spray freshens up unwashed hair and leaves it with the kind of effortless texture I go for. And unlike some dry shampoos I've tried in the past, it's fresh and light rather than gritty and sticky. *Cassie, Acting Beauty Editor*

KMS California Hairplay Makeover Spray, £15.50

Sometimes I like to spray dry shampoo in before bed and leave it overnight, and this stuff is good for doing just that. I did find it quite powdery compared to others I've tried, but once I'd blow-dried it out the next morning it didn't leave a trace – my hair just looked (almost) freshly washed. *Lucy*



Three's A TREND

If you're back to festival basics, these luxe products will feel like a real treat.



Mio Clean Slate Workout Swipes, £27

A festival must-have to remove makeup, or for freshening up after you've spent the day dancing in a field. They're packed with natural ingredients that won't dry out your skin.



Temple Spa Take A Grip, £18

Essentially a shower in a bottle, apply this like body lotion to cleanse skin and make you feel (and smell) like you've had a proper wash. It's quick-drying, so you can get back to the fun asap.



Renouve Anti-Ageing Everyday Defense Hand Sanitiser, £22

Yes... hand sanitiser that won't dry your skin out is a thing – hallelujah! We love that it's full of ingredients to help keep your mitts in top condition, so you don't have to lug around hand cream as well.



Follow Inge @CosmoBeautyBoss • Lucy @lucyparts • Cassie @cassiepowney • Bridget @bridgetmarch • All of us @CosmoBeautyTeam

Festival MIRACLES

Beauty at Tesco has all your festival essentials covered. Here are the hero products and tips you need to rock summer's hottest looks >



1 A GOLDEN GLOW IS A SUMMER MUST-HAVE, and with Maybelline Dream Sun Bronzer, £5.99, there's more than one way to get your bronze on. Use the darkest and lightest shades to contour cheekbones, or blend all three for all-over radiance.

2 WHEN YOU'RE PARTYING ALL DAY AND NIGHT, you need a nail colour that will look hot 24/7. BD Nail Varnish in Wine O'Clock, £3.99, is a rich, rock-chick burgundy with a high-shine finish, and does just that.

3 GET A HEAD START ON THE A/W15 CATWALK TRENDS with classic kohl eyeliner. Line the inner rims of your eyes and lashlines using BD Trade Secrets Eyeliner Pencil in Smoulder and Shine, £2.99, then just smudge with a cotton bud for a subtly metallic smoulder.



4 TINTED MOISTURISER IS YOUR NEW FESTIVAL STAPLE; the perfect alternative to foundation. BD Trade Secrets Natural Face Base, £8.99, has a light, cream-gel formula for a radiant finish, plus SPF25 for vital sun protection.

5 YOU CAN NEVER GO WRONG WITH A BRIGHT RED LIP, and BD Trade Secrets Lipstick in Runway, £5.99, is a gorgeously glossy option. Go easy on your eye makeup to make your explosive lip colour the star of the show.

6 THE LAST THING YOU SHOULD HAVE TO WORRY ABOUT IS REAPPLYING YOUR MAKEUP, so primer is key. Apply luxe BD Trade Secrets Luminescence Silk Primer, £9.99, before your makeup for a flawless finish that lasts all day (and night).

Tinted moisturiser is your festival staple; with added UV protection and a radiant finish, it's a lightweight alternative to heavy foundation



7 FOR A BUILDABLE AND NATURAL-LOOKING POP OF COLOUR, try a super-soft cream blush. Dab a little **BD Trade Secrets Velvet Cream Cheek Colour in Posey, £5**, on the apples of your cheeks and gently blend with your

9 THANKS TO INNOVATIVE HYBRID-POWDER-CREAM TECHNOLOGY, Rimmel London Glam'eyes HD Eyeshadow, £6.99, won't smudge or fade for up to eight hours. Blend with your fingers, using the lightest shade to

Festival beauty is all about having hassle-free fun with your makeup, so opt for bold, bright colours with long-lasting formulas and easy application

fingertips for a rosy glow – even if you've partied till dawn.

8 MATTE LIP COLOURS ARE GREAT FOR FESTIVALS because of their staying power and bold pigments, but some formulas can be drying for your lips. **BD Trade Secrets Matte Lip Melt, £5.99**, is infused with papaya and orchid extracts, for a hydrated, velvety smooth pout.

highlight the inner corners of your eyes. **10 THE LUXURIOUSLY TEXTURED BD Trade Secrets Dream Shine Highlighter, £7.99**, (which was voted Product of the Year 2015*), adds an instant shimmer to cheekbones. If you're looking for a subtle all-over glow, simply mix a little of the highlighter with your regular foundation or moisturiser. Good to glow!



beauty
at TESCO



Are frazzled locks and flyaways the
bane of your life? Knowing why could
be the answer to your hair prayers

The Cosmo

FRIZZ-O

TYPES OF FRIZZ

Halo

This appears mainly at the crown in floaty, sticky-uppy wisps. The cause? Static electricity that builds up in cold, dry weather, or from overbrushing dehydrated hair.

• TOP TIP •

"Never underestimate the power of a toothbrush or taming wand," says Jamie Stevens, *X Factor* stylist. "Simply comb back the flyaways and mist with anti-static hairspray – it's easy to do but also very effective."

• KIT •

Tresemme Get Sleek Hairspray, £5.99. Ojon Rare Blend Tamer Wand, £20

Endo

You've got fluffed-up, messy ends, but the rest of your hair is smooth. This is typically seen on longer hair, which is usually more susceptible to damage and breakage.

• TOP TIP •

"Overwashing can strip hair of its natural oils (which are great frizz fighters), so don't wash it too often and don't blow-dry completely," says Jamie. Get a trim every eight weeks and rub serum into the ends for a sexy, sharp finish.

• KIT •

VO5 Nourish My Shine Miracle Illuminator Lotion, £3.99. Braun Satin-Hair 7 Hair Brush, £28.99

Friction

The enemy of smooth hair is friction, so if you tend to spend a lot of time brushing or fiddling with your hair, you could end up with random fuzzies by the end of the day.

• TOP TIP •

"Take care not to rub wet hair too vigorously with a towel, as this can damage the hair's cuticle," advises Jamie. "Instead, just squeeze out any excess moisture." Applying an anti-frizz primer will help to prevent fiddle-induced friction.

• KIT •

John Frieda Frizz Ease Forever Smooth Anti-Frizz Primer, £9.99. Lee Stafford Frizz Off Square Root Brush, £11.99

Surface

Do you have a layer of frizz with smooth hair underneath? Blame a humid atmosphere. It causes the surface of the hair to absorb moisture and swell, roughing up the cuticle.

• TOP TIP •

"Use a specific anti-frizz shampoo and conditioner every time you wash your hair, so that it's protected, no matter what the weather," says Jamie. And a leave-in anti-humidity product is your new best friend in the summer.

• KIT •

Dove Youthful Vitality Hair BB Cream, £6.99. KMS California Hair Stay Anti-Humidity Seal, £19

In-curl

Curly hair is usually drier than straight, so as soon as you lose moisture, you frizz. Curls appear frizzed-from-within. Brushing can also cause the hair cuticle to rise up.

• TOP TIP •

"Don't brush out curls when wet – detangle them with your fingers or a wide-tooth comb," suggests Jamie. "Use a diffuser and only blow-dry hair about 70% dry." An ionic ceramic hairdryer will prevent static and an alcohol-free styling cream defines curls without crunch.

• KIT •

Moroccanoil Intense Curl Cream, £23.75. Vidal Sassoon Infra Radiance Diffuser Dryer, £29.99

Dry

Hair feels dry as a bone – just one big fuzz. This can be typical of Afro textures; it can separate into dreadlock-style clumps.

Diagnosis: your hair is severely dehydrated and needs moisture.

• TOP TIP •

Get your hair in good shape. "Ask your stylist for long, soft layers, with volume at the bottom to help prevent fluff," says Jamie. "Use nourishing products without harsh chemicals. Apply hair oil at pre-wash stage, or run a few drops through your lengths. Weekly intensive treatments are another must."

• KIT •

Nicky Clarke Frizz Argan Oil, £5.99. Aveda Smooth Infusion Smoothing Masque, £22 ♦

-METER

Magic Micellar

Meet the NIVEA Sensitive 3 In 1 Micellar Cleansing Water, which removes makeup, cleanses and moisturises in seconds... like magic!



The vlogosphere is going crazy for the new beauty staple: NIVEA Daily Essentials Sensitive 3 In 1 Micellar Cleansing Water, RRP £3.99. Specifically formulated to remove all traces of makeup quickly and easily, it also cleanses and moisturises even the most sensitive skin. This innovative cleanser uses micellar technology to gently remove dirt particles. The secret is all down to microscopic beads called micelles, which enclose unwanted nasties and lift them from the skin – making it quicker and easier than ever to cleanse effectively. Say hello to clean, refreshed skin.

“It’s very soothing, cooling and hydrating... and a really quick and easy product to use”

ALIX, I COVET THEE

I COVET THEE

Beauty vlogging sensation Alix from I Covet Thee swears by NIVEA Sensitive 3 In 1 Micellar Cleansing Water to gently remove her makeup and keep her skin soft.



“I’m someone whose skin reflects *everything* that’s going on in my life – for example, if I’m tired, working too hard or not eating very well. There are so many things you can do to help treat your skin and keep it healthy from the inside out; what you put on it is really going to affect the way it looks and feels – especially when it comes

to makeup. And the actual process of removing makeup can have a really big impact too – that’s why my favourite type of product for this is micellar water. NIVEA’S Sensitive 3 In 1 Micellar Cleansing Water is a really lovely one, especially if you suffer from sensitive or tender skin – it’s very soothing and cooling; I can instantly feel that my skin is hydrated and soft. It’s a really quick and easy product to use too.”

WHY USE MICELLAR WATER?

MAGNETIC MICELLES

Micellar technology is what makes this water magic! The microscopic beads attract dirt, makeup and oil, instantly lifting them from the skin for fuss-free and effective cleansing.

GENTLE AND SOOTHING

As a part of the NIVEA Daily Essentials Sensitive range, the 3 In 1 Micellar Cleansing Water is extra-gentle on sensitive skin. The caring formula, with panthenol and grape-seed oil, is ideal for even the most sensitive skin types. It’s also free of parabens, perfumes and colourants.

NON-TIGHTENING FORMULA

Hate that post-cleansing tight feeling? NIVEA 3 In 1 Micellar Cleansing Water won’t dry your skin out, thanks to its gentle formula, which reduces tightness – and its moisture-retaining properties leave your skin feeling hydrated all day.

3 STEPS TO FUSS-FREE SKIN

1 Apply NIVEA Sensitive 3 In 1 Micellar Cleansing Water to a clean cotton pad.

2 Wipe the pad over your face – hold over your eyes for a few seconds to remove even waterproof mascara.

3 Enjoy your clean, refreshed skin – no need to rinse afterwards!

PUT IT TO THE TEST **#NIVEAMAGICWATER**



PapayaGold Paw Paw Moisturising Balm, £5.99

Batiste Dry Shampoo
Ella Henderson, £3.29

Guerlain La Petite Robe Noire, from £38

Make Up For Ever HD Foundation, £29

Dermalogica Sheer Tint SPF20, £34.80

Everything ELLA

We caught up with singer **Ella Henderson** to chat makeup must-haves and smelling like Britney Spears

I'm obsessed with hair and makeup.

All my life I've said that if I couldn't sing then I'd want to be involved in the beauty industry; it definitely would have been a route I'd have gone down. I love doing my own hair and makeup in my spare time...

... But having a glam squad is great.

We work on my looks together and I get advice from them. They show me new ideas and I'm always referencing things I love, like Brigitte Bardot's style – she was so sassy and chic.

It's funny to see how my image has evolved without my even realising it.

In my *X Factor* days I had a retro look and wore a bright lip, but now I tend to stay away from that and go for a bold eye instead. I think as a girl it's about feeling comfortable and confident.

My makeup artist taught me the importance of brows.

I never used to think about them, but then she took me to have them threaded. And even though I cried from the pain, it made such a big difference.

Growing up, I always bought celeb fragrances.

I went through them all, especially Britney Spears Fantasy and J-Lo Glow – I loved them. Now I like something that'll linger, so I wear Guerlain La Petite Robe Noire. It smells like cherry bakewells, and whenever I wear it I get complimented.



Yankee Candles smell like home.

My mum and I love Clean Cotton scented ones; I pack them when I travel.

I mix my own contour products.

I love my Tom Ford palette if I want a strong look, but for something lighter I mix Benefit Hoola Bronzing Powder with a clear brow gel, so it almost turns into a cream.

There are products I can't live without.

Paw Paw ointment is the best because you can use it *anywhere*. Make Up For Ever HD Foundation has been my lifesaver on TV, and I love Dermalogica tinted moisturiser.

I last felt at my happiest in the USA.

I was on TV show *The View* and Whoopi Goldberg presented me with my US platinum disc for *Ghost*. I had no idea it had even gone platinum – my team kept it secret from me.

My life mantra is to always expect the unexpected.

Mostly because in the past couple of years everything has gone mad, in the best way!

It's fun working with Batiste.

Every one of my friends has used its dry shampoo and there are cans scattered all over my apartment, so having a bottle with my face on it is crazy.

I didn't want my dry shampoo to clash with my perfume.

I made sure the scent wasn't *too* sweet. It's got vanilla and coconut in it, which gives it a summery vibe, but also sandalwood for muskiness.



When life
slows you down,
turn the music up!



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Make your own sun.

Some girls see the bright side in any situation. A traffic jam? Just a chance to unleash your inner pop star. Start every day with a razor that's just as bright and colorful as you are.



More for your money... Always!



‘DOESN’T EVERYONE OWN 106 LIPSTICKS?’



How does having a well-stocked makeup bag become a full-blown obsession? *Laura Capon* explains

Hello, my name is Laura and I own 106 lipsticks, more eyeshadows than I dare count and an entire drawerful of blushers – more than I could ever get through in one lifetime. How did I get here? I blame *Buffy The Vampire Slayer*.

When I was 15, *Buffy* star Sarah Michelle Gellar became a Maybelline spokesperson. I was (and still am) a massive *Buffy* fan; when I saw Sarah’s advert for the Express Makeup 3 In 1

Foundation stick, I begged my mum to take me to Boots. That foundation stick (and everything else she endorsed) was going to change my life – I just knew it – and I needed it asap! But as soon as I’d applied it, I wanted more.

I started to do my own ‘research’, flicking through Mum’s Avon catalogue in my quest for nail varnish like SMG’s. Before I knew it, I was obsessively poring over beauty credits

in magazines. I once trekked all the way to London to buy Nars Orgasm Blush because J-Lo supposedly used it – I was clearly a sucker for celebrity endorsement. Sadly, it didn’t transform me into Jenny From The Block, but neither did it quell my makeup obsession.

When I got my first part-time job – mopping floors in the local bakery after school – I’d save all my money to spend at the big department store in town. Walking into the beauty hall, I felt like Augustus Gloop in *Charlie And The Chocolate Factory* when he sees the chocolate river. The first thing I bought was a Versace lipgloss, and every two weeks I’d buy a new one until I had every shade. They may have cost me £90, but God, I loved those lipglosses.

Then I went to New York for my 18th birthday and discovered Sephora. It was heaven – a whole shop dedicated to makeup and beauty products that you can’t even buy in the UK. These days, I even have a Sephora wish list in my phone, which I update constantly.

My addiction reached its peak when Mac released its limited-edition Disney Venomous Villains collection. I’d waited months for the launch and, finding out the release date on a forum for fellow Mac junkies, I stayed up until 3am until the products appeared online. Finally, there they were, and I eagerly attempted to buy the ENTIRE collection. Only one problem: my pay cheque hadn’t gone through, and my card was declined. Oh.

My friends and family all treat my beauty addiction as something of a running joke. They think I’m slightly crazy, but also quite useful: they always ask me for product recommendations and I often do their makeup for them – including my sister’s for her wedding.

I suppose this is where I should tell you that with age I’ve outgrown my

Mac habit and invest my money in ISAs instead. Well, not entirely,

but after taking a pay cut to change careers, I do think more carefully about what I buy. But I’ll never regret what I’ve spent on makeup – it’s a hobby.

Plus, I’m not really into fashion, so I figure that the money I’ve spent is what I save on clothes (must justify it somehow). Now, back to that Sephora list...

‘Walking into the beauty hall, I felt like Augustus Gloop in Charlie And The Chocolate Factory’

COSMO PROMOTION



JET-SET BEAUTY

Your holiday prep made stress-free with the help of Veet...

You've already splashed out on your holiday, so save on the salon trip and get beach-ready in the comfort of your own home by bringing the spa to your bathroom. Use Veet Spawax to remove unwanted hair and get salon-perfect smoothness for up to 28 days. The stripless wax warming kit is easy to use as the heater keeps the wax at the perfect temperature throughout. The wax discs have an indulgent purple lily and sugar fig scent, which makes the whole process a pampering experience. Try prepping your pins by sloughing away dead skin cells with a home-made body scrub: mash a ripe banana together with brown sugar and massage it over your skin in the shower. Afterwards, hydrate with some natural coconut oil... and enjoy Veet Spawax smoothness all holiday.

WAXING AT HOME

EXPERIENCE SALON-PERFECT SMOOTHNESS WITHOUT THE HASSLE

WHAT IS VEET SPAWAX?

Veet Spawax is a professional quality wax warming system, for use at home. It provides lasting salon smoothness for up to 28 days and removes hairs as short as 2mm.

HOW DO I USE IT?

Simply apply a layer of the melted wax, and wait for it to become dry to the touch. Then peel it back in one go – it's stripless wax!

WHERE CAN IT BE USED?

Veet Spawax can be used on your legs, underarms and bikini line – perfect for the holiday season. Used regularly, your hairs will grow back slower, softer and finer.

Cosmo tests ...

Bridget March,
Online Beauty Editor



I don't want to waste time maintaining fuzz-free skin on holiday, so getting long-lasting smoothness before travelling is really important to me. This kit made my beach prep easy – and all the more pampering. I love the simplicity of the process and the sweet spa aroma it gives my bathroom.



Veet Spawax wax warming pot, £39.99; six refill wax discs, £8.99. Available at Boots.com

COSMO Loves



Summer Party alert: visit Cosmopolitan.co.uk/summerparty to find out more about Cosmo's first-ever Summer Party in partnership with Veet

The snazzy silicone case **Guerlain My Terracotta Bronzing Powder**, £37.50, comes in will protect the bronzer from cracking if you drop it. Genius!

Tom Ford Fleur de Portofino, £142, is a gorgeous summery blend of floral, citrus and honey notes. We can't get enough.

Dove's reformulated body washes hydrate and smooth skin instead of stripping it of moisture. Our fave is **Gentle Exfoliating Nourishing Body Wash**, £2.55.

Chanel Cils Scintillants Mascara in Jazzy Blue, £25, is not just Caribbean-sea blue; it shimmers like a sun-dappled ocean. Take the plunge!

Fine hair? Flip-reverse your hair-washing routine by applying **Kérastase Soin Premier Thérapiste**, £20.50, before your shampoo. Maximum conditioning, minimum weigh-down.

Hey there, new handbag hero! **Benefit The Poreprofessional License To Blot**, £15.50, is a nifty little stick for oil blotting on the go.

We are seriously impressed by **Bourjois La Laque**, £6.48 each. Glossy and long-lasting, these nail polishes also come in an array of fab shades.

A powerful pore purger that's a total treat to use: bring it on! **Estée Lauder Clear Difference Purifying Exfoliating Mask**, £35.

Smooth some **St Tropez In Shower Tanning Lotion**, £14.50, onto wet skin, wait three minutes, step back under the shower and rinse off. The resulting tan is subtle, but gloriously fuss-free.

We love **Glamglow Thirstyleanse Daily Treatment Cleanser**, £29, a revolutionary mud-to-foam cleanser that'll get rid of the day's dirt without drying out your skin.

A creamy contouring duo in the most fabulous compact ever: **Charlotte Tilbury x Norman Parkinson Filmstar Bronze & Glow**, £55.

HOT right now

The latest products on the Cosmo beauty team's radar

Summer-ready IN SECONDS

It's time to get prepped for summer – and quick! But don't panic, with Rimmel you're just minutes away from bronzed skin and beautiful nails

Summer has a habit of creeping up on us; one minute we're living in jeans and boots, the next it's time to get our legs and toes out in the sunshine. Luckily, we've got you covered: meet your summer beauty heroes!

Rimmel Sunshimmer Self Tan Mousse is Rimmel's first self-tan bronzing mousse, for a super-easy, long-lasting natural tan. It's available in three shades and has a streak-free buildable formula, so you can tailor the shade to you. Plus, it dries in just two minutes, hasn't

got that icky 'fake-tan smell' and one application lasts seven days.

And for the perfect finishing touch to really make your tan pop, don't forget your nails. Rimmel 60 Seconds Super Shine Nail Polish range has 60 classic and on-trend shades including brights, pastels and metallics (plus 12 fantastic shades by Rita Ora), so you're sure to find your perfect match. Its new Super Shine formula has a super-glossy finish, and with one-stroke application that dries in just 60 seconds, it couldn't be easier to get the perfect mani pedi!

SELF-TAN MASTERCLASS

THE KEY TO A PERFECT TAN IS IN THE PREPARATION. FOLLOW THESE 3 STEPS:

1. EXFOLIATE with an exfoliating scrub before tanning to slough off any dry skin and give you a smooth surface to apply the colour onto. This will leave your skin silky smooth, make application a breeze, and give you an even tan all over.

2. MOISTURISE everywhere, focusing on tricky elbows and knees to allow the mousse

to glide on for a streak-free finish and extend the life of your tan. With Rimmel Sunshimmer Mousse, you'll have a natural-looking tan for up to seven days.

3. BUILD the tan to your perfect shade. The colour develops in an hour, and its easily buildable formula means that you can layer it up until you've got the right bronze for you. All you need to worry about is finding the right bikini to set off your new tan!

'Rimmel Sunshimmer Self Tan Mousse dries in two minutes, doesn't streak, and hasn't got that icky "fake-tan smell"'





NAIL IT

CHOOSE your colour. Rimmel has 60 shades in a variety of glossy finishes, you're spoilt for choice!

PROTECT your nails with a basecoat. This will fill in any ridges on the surface of the nail for a smooth base, and prevent any staining.

APPLY the nail polish in thin, even layers. The brush is specially designed to cover the whole nail, meaning application only takes one stroke.

WAIT for each coat to dry fully before applying another to reduce the chance of chipping. Rimmel 60 Seconds Super Shine Nail Polish only takes a minute to dry (the clue's in the name), so you won't be waiting long!

60 Seconds
Super Shine Nail
Polish in Hot
Tropicana,
RRP £2.99



60 Seconds
Super Shine Nail
Polish in Chin Up
Buttercup,
RRP £2.99



60 Seconds Super
Shine Nail Polish
in Loafer Love For
You, RRP £2.99



Get your summer sorted

With 60 gorgeous shades of shiny, chip-resistant nail colour that dries in 60 seconds, and a long-lasting natural-looking tan that's ready to go in two minutes, it's never been easier to get summer-ready! Rimmel Sunshimmer Self Tan Mousse, RRP £7.99, and 60 Seconds Super Shine Nail Polish, RRP £2.99, are available at Boots, Superdrug, independent pharmacies and selected grocers. Visit Rimmellondon.com for more information.

Barry M

- ★ Gel shine for up to 10 days
- ★ Cures in natural daylight
- ★ Use your normal remover



£4.99

7 Sunset Gel Nail Paints

Add the Sunset Topcoat



Available at Superdrug and



barrym.com

Sex etc.

TILL DEATH DO US PART

Research has shown that being in strong relationships makes us more likely to survive a life-threatening illness – AND laughter can boost your immune system. Time to teach your other half some jokes?



YOU'VE GOT MAIL

A recent poll revealed 79% of those who took part had snooped on their partner's text messages. That's *not* OK.



"I THINK ROMANCE IS ANYTHING HONEST. AS LONG AS IT'S HONEST, IT'S SO DISARMING."

Kristen Stewart

isn't afraid to open up for love

9

HOURS

... IS THE LENGTH OF TIME IT TOOK TO PERFORM THE WORLD'S FIRST PENIS TRANSPLANT – ON A SOUTH AFRICAN MAN WHO HAD SUFFERED A BOTCHED CIRCUMCISION. ISN'T SCIENCE AMAZING?



Love
DON'T COST A THING

Well, not a lot, anyway: women receiving an engagement ring worth £300-£1,250 are less likely to divorce than those with a cheaper or a dearer one...

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

FLIRTY FITNESS

Looking for love? Try the gym! Two thirds of men say they'd be open to dating somebody who made their move mid-workout. Just not while squatting, we reckon.



HAPPY SNAPS

Cameras at the ready – 40% of couples have revealed they send sexy pics (hopefully to each other...).

SO OVER IT

New research says we're hardwired to get over heartbreak, despite the changes in the brain being initially similar to withdrawal from cocaine addiction. Love really is a drug.

Sex*etc.*

HAVE THE B YOUR LIFE...

Finally, a good reason to wake up early! Morning sex is better for your body,



BEST SEX OF before breakfast

mind and soul than eggs benedict. Here's how to start your day with a bang...

he best part of waking up is a hot cup of coffee... oh, and good, old-fashioned morning sex, of course.

Stereotypes will have us believe that women couldn't care less about getting it on at the crack of dawn, while men want nothing more than that before we've even had our Cheerios.

But the morning actually brings surges of testosterone for men and women, increasing both our libidos and heightening arousal as well as the sensitivity of our genitals – particularly the strength of a man's erection. So why isn't sex up there with Starbucks as your morning staple?

"Women are multitaskers," says Dr Jennifer Berman, a specialist in female sexual health. "When the sun comes up, we're thinking about the day ahead, not our vaginas." But morning sex is a form of comfort – not just for pleasure, but a way to deepen your bond with your partner before you both head off to work.

Morning-sex enthusiast Julie, 27, says it makes her and her fiancé "feel really close all day. And it gives him enough time to rest up for a repeat later on."

Studies show the health benefits are plentiful too. Having sex two or three times a week decreases your risk of heart attacks and strokes by half and improves circulation. Plus, if you're able to fit in a quickie before

your morning coffee, you're likely to have more sex overall. You can even swap the gym for morning sex: it can take your heartbeat from 70 to 180 beats per minute, so you could burn more than 140 calories in one steamy half hour. It's a lot more fun than dragging yourself out of bed and onto the treadmill while half-watching *Good Morning Britain*.

Liz, 33, prefers morning sex because it's when she feels her best. "You feel hot because you haven't just had a big dinner and two glasses of wine," she says.

Morning sex is good for you too. Scientists have discovered that regular sex enhances levels of immunoglobulin A, an antibody that guards you from infection and releases chemicals that boost oestrogen. This, in turn, promotes shinier skin, hair and nails. So when you roll into work you'll go about your

day in a better mood, feeling like you've had a natural shot of energy. In other words, if he rises, you'll shine...

Bedtime traditionally remains sex o'clock for so many overworked, overtired couples, but experts say that adhering to a routine sex schedule is holding you back. "We shouldn't keep sex for certain times of the day or special occasions," says Dr Berman, adding that her female patients' libidos tend to increase once they start having sex more frequently.

So wake up and smell the coffee! Just *after* your morning session...

'It's a lot more fun than dragging yourself out of bed and onto the treadmill'



It was all going so well until he overcooked the eggs

Better than the snooze button

Four positions to start your day off right



The French toast

He sits on the bed and leans backwards. You hook your legs over his hips, and lean back on your elbows. You're in a relaxing position, but get to work those orgasmic hip muscles.



The porridge spoon

Kneel and lean down over a stack of pillows. He kneels and leans on you from behind, his legs outside yours. You're getting action, lazy intimacy... and free hands to check your phone. JOKE.



The over easy

Lie on your side with him behind you, in a spoons position. You lift your leg and he enters you from behind. Perfect for sleepy sex (plus he can touch you).



How to sync your sex life

You're a morning lark and he's a night owl? *Cosmo's* sex psychotherapist Rachel Morris has the answer

Work, stress, hormones, money worries and health all play a part in how much sex we want – and when. So the likelihood of finding yourselves perfectly in sync all the time is slim. The answer is in the three Cs:

COMMUNICATION prevents the 'What about what *I* want?' resentment that can build when we don't vocalise our true feelings. It's OK for you to want whatever you want, but the other person doesn't have to comply. You're effectively asking for a favour – so ask nicely.

COMPROMISE is the willingness to sacrifice your own preferences in order to find a way

forward that works for *both* of you. Try to focus on the end game, rather than your own agenda.

CREATIVITY is key when it comes to finding a mutual solution. Once you've named the problem, put your heads together to come up with something that's mutually satisfying.

For example, if he wants sex last thing at night, but you're always asleep before your head hits the pillow, turn off the TV early once a week and head for bed. In return, if he can't function without coffee first thing, he can get up a little earlier, so he has time to get his caffeine fix before waking you up extra-nicely...

'Morning sex is a way to deepen your bond with your partner'



The saucy sausage

Get on top with your upper body flush against his, and rock gently in whatever way feels best for you. You'll love the pelvic friction, and your breasts against his chest will make him feel more virile than a 7am weights session.

THE WOMAN'S GUIDE TO morning-sex etiquette

Crush any obstacle that lies between you and your AM orgasm

What if one (or both) of us is too lazy to brush our teeth?

There are two ways to avoid getting out of bed for a pre-coital Colgate fix: sex positions where you don't face each other, and mutual oral. Alternatively, just embrace the morning breath. We're all human.

But it's so bright – he can see everything

Yep. And guess what? He

loves it. And women like to ogle too – a third of visitors to porn sites are female. Still not sure? Then just focus on his body and how the sensations are making you feel, *not* how you look.

Shouldn't we shower first?

According to an American study, male under-arm musk is a natural libido booster for women (yes, really). On the other hand, a warm shower makes

blood rush to the surface of your skin, making you extra-receptive to his touch. Your call.

What if I don't look so hot first thing?

None of us does. Unless, that is, you pull Kristen Wiig's pretend-sleeping-in-full-makeup move from *Bridesmaids*. (Oh dear.) If he doesn't get it, he's not worth wasting your morning on. ♦

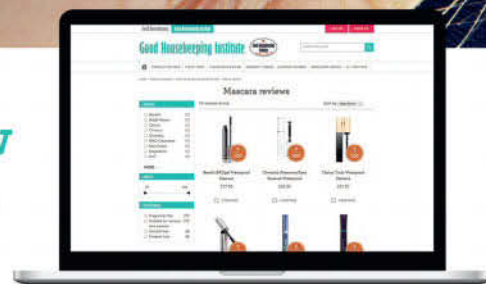
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Sex therapy

For change-your-life sex advice, ask Cosmo's sex psychotherapist, **Rachel Morris**



If you don't ask, you won't get...

I'm missing out on oral

My boyfriend doesn't go down on me nearly enough. He's great in other areas and always makes sure I orgasm, but I miss oral sex. When he makes the effort, he always says how much he enjoys it but then doesn't do it again for months. I don't understand.

The answers to tricky questions are usually found in the things we're not saying, so the best way to find out what's going on for him is to tell him what's going on for you. Our sexual relationship acts as a micro-mirror, reflecting snippets of the bigger picture. So, do you feel entitled to ask for oral or does it feel like a favour? Are you a giver who finds it hard to take (in your everyday life as well as in bed)? Can your boyfriend be lazy or reluctant to try new things? We usually get what we ask for; consequently, if you ask for very little, very little is what you're likely to get in return.

I hate being a sexual doormat

I'm a feminist and a strong, independent woman, but in bed, suddenly all I care about is the man's pleasure and his needs. I hate that this happens – I'm ashamed. Why do I do it and how can I stop?

Start by ditching the shame. The urge to sacrifice our needs is down to a world where gender inequality is endemic – we've absorbed this message all our lives. As a feminist, you understand that your right to freedom, power and safety is equal to men's, but your experience says otherwise. When you start slipping, press pause, then carry on differently. Don't give up.

I just want normal sex

My boyfriend's obsessed with anal sex. I don't mind it, but the fact that he prefers it to 'regular' sex makes me paranoid. Is it a way of avoiding intimacy? He hardly ever kisses me during sex. Is he not into me or is this just a male fantasy?

It sounds as if he's more into having porn sex with your body than really connecting with you. Some men feel very vulnerable when they get intimate; they mistake it for weakness and overcompensate by going the opposite way. In any case, it has to stop. Next time, tell him, 'No, I need something different.' Sex is a conversation; if we don't speak, it turns into a monologue we have to endure.



They just use me for sex

Women use me for only one thing. I know: I should be grateful, but it's getting me down. Nearly all the women I meet online say they're after a boyfriend, but all they ever want from me is a one-night stand. Why not just be honest? Why should you be grateful? Don't fall for the hype about all men just wanting sex. Most people seek someone they click with on several levels. As for why women aren't more honest, read the query above re sexist attitudes! The stud/slut mentality prevails: too many women *still* don't feel safe owning their sexual needs without a romantic context, and too many men *still* feel embarrassed about yearning for love. Add 'I don't have sex on the first date' to your profile and see if things change.



CONTACT RACHEL

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NEW!
Compak Pearl

TAMPAX
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ADAPTS
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NEW! TAMPAX
Compak PEARL



*vs. Tampax Compak

**Our #1 combination of Tampax's comfort, protection & discretion

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Health *etc.*



ALL ABOUT THE BASS

Music with heavy bass makes you feel powerful, say researchers. Add Dizzee Rascal's Bonkers to your playlist to boost those gym sessions.

THE GREAT PRETENDER

Late night affecting your efficiency today? Try pretending you slept better than you did. When scientists told sleep-deprived people that the quality of their sleep was much higher than it was, they performed better on cognitive maths tests.

"IF YOU DON'T THINK OF YOURSELF AS GREAT AND BEAUTIFUL, THEN WHO'S GOING TO?"

Kendall Jenner



PORRIDGE



WALNUTS



BERRIES



STRESS-BUSTING BREAKFAST

JUST SAY THANKS

A study has found that being grateful for the little things in life is linked with better sleep, more energy and a healthier heart.

The couple that trains together...

You're 40% more likely to exercise if your other half does, say researchers. And if you're the fit one, your partner is a whopping 70% more likely to hit the gym.



OK, CUPID

Setting friends up on a date boosts your happiness levels, say researchers. Even if they don't hit it off, the joy of connecting people who wouldn't otherwise have met outweighs worrying that it'll go pear-shaped.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Egg-cellent



Eating cooked egg with raw veg increases your body's absorption of nutrients (especially cancer-fighting carotenoids) between six and nine times. No wonder #putanegggonit is taking over the internet (seriously, check it out on Instagram).

Love ♥ your body

Dr Google

Steaming your lady parts à la Gwyneth isn't the only health advice you'll find online that could do more harm than good. Doctor (and comedian) Adam Kay reveals the health myths you need to ignore...



Doctor, is
it OK to steam
my vagina?

As a doctor, the internet is usually my friend, especially when I don't have the faintest idea what's wrong with you and have to Google your symptoms under the guise of 'looking up your results' (*joke*).

Seriously, recently, I've seen a lot of rumours being shared online that make me think maybe the internet is actually, on occasion, trying to kill people. So I'm here to sort the harmless wheat from the possibly painful chaff.

Myth #1: **steam your vagina**

I hoped I'd never find myself typing these words, but please *don't* steam your vagina. Steam chicken, cod, even broccoli if you must, but not your genitals.

After Gwyneth Paltrow recommended a down-below steam-clean on her website Goop.com earlier this year, my Twitter feed was awash with claims of its benefits, of which there are clearly none.

Steam is a) very hot and b) made of water. But the inside of your body is already exactly the right temperature – that's why it's called 'body temperature' – at 37°C. By increasing your genital temperature, you'll disrupt the good bacteria that live there.

Plus, your vagina is self-cleaning. And, unlike other

Will see you now

things described as 'self-cleaning' (I'm looking at you, oven), it actually works. Applying water overvigorously to the vaginal area – by douching or using steam – will wash away your natural oils and increase your chances of getting an infection.

So, whatever social media says, don't start squatting over the Morphy Richards.

Myth #2: gargle garlic to stop snoring

'Kept awake all night by your boyfriend's snoring? Stitch a tennis ball to the back of his pyjama top to force him to sleep on his side!' So far, so good, internet... there's evidence that sleeping on your side will keep the decibels down (other correct answers include cutting out alcohol, not smoking and losing excess weight).

'Or have him gargle with garlic mixed with warm water.' Oh, internet. You were doing so well. Garlic won't help snoring at all, I'm afraid. Although presumably, if your boyfriend constantly reeks of garlic at night, you'll make him sleep on the sofa, and you won't be able to hear him snoring from there.

At least the dangerous myth that sticking tampons up your nose will stop the

snoring seems to have stopped doing the rounds.

Myth #3: the 'onion detox'

The effectiveness of detoxing is undeniable – assuming you mean the medical process of curing a patient of a life-threatening drug addiction. But if we're talking about 'ridding your body of toxins,' the evidence is shakier than jelly on a Power Plate.

The truth is, healthy liver and kidneys do a perfectly good job of getting rid of toxins, whether or not you drink kale smoothies or have half a swimming pool squirted into your lower reaches. Yet my Twitter feed is full of people wasting money, time and kale on the latest detox fad. Recently, I read about the maddest one yet – the onion detox.

The theory is that a simple onion can work wonders for disorders of the spleen, pancreas, thyroid and pituitary. And how much of this wonder-food do you have to eat, I hear you ask? Astonishingly, none. Instead, every evening you should cut

a few onions into slices, fill your socks with them and let them work their magic overnight. Total nonsense.

Myth #4: avoid antibiotics

I've seen no end of scare stories online ('5 HUGE reasons to dodge antibiotics like the plague!'), along with tales of how that crusty garlic clove at the back of your fridge is just as effective as a tablet that only someone who's sat through five years of medical school can prescribe.

Here's the thing, though: while it's advisable only to take antibiotics when you really need them (and, duh, if your doctor says so), seeking alternatives online is not big or clever. 'Why use antibiotics when colloidal silver water is a totally natural alternative?' asks my laptop. Because, laptop, this mineral can actually turn your skin permanently grey. Grey. So unless you want to look like there's a permanent, supremely unflattering Instagram filter on you (and feel no better in the process), give this one a swerve.

... And some 'myths' that are true

Crossing your fingers brings good luck

Well, if you've hurt yourself, anyway. Scientists have discovered that simply crossing your fingers can reduce pain, by changing the brain's perception of it.

Pepper disinfects wounds

After rinsing a small cut, sprinkle on some pepper as if it were a delicious chicken breast, and apply pressure – it'll disinfect the wound and help stop the bleeding. Honey works too.

There's a simple way to making him 'bigger'...

... and it's nothing to do with those spam emails he gets every day. Kegel exercises (repeatedly contracting and relaxing the pelvic floor, which also controls the flow of urine) can increase the size and intensity of a guy's erections. Hooray!

Cucumbers combat claustrophobia

A study has shown that the smell of green apples and cucumber can help if you're feeling claustrophobic. A whiff of apple can also curb your appetite and even help relieve migraines. ♦

'Whatever you do, don't go squatting over the Morphy Richards'



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My body's amazing because...

SILKYH RICHARDSON,
26, FROM MANCHESTER,
IS A HAIRDRESSER

I'd suffered from what I thought was irritable bowel syndrome since I was 16, but it wasn't until I started bleeding uncontrollably two years ago that I learnt it was far more serious. I was rushed to hospital, where doctors diagnosed ulcerative colitis – a bowel disease – and my large intestine had to be removed to save my life.

I was fitted with an ileostomy pouch (like a colostomy bag), worn outside the body to replace the bit they'd removed. I was devastated and thought my days of partying and fun were over.

But that turned out to be the least of my worries – over the next 18 months I had six more procedures due to bowel twisting, ending up in intensive care twice. During one op, my heart stopped. I was a physical and emotional wreck.

It took time to build my confidence again, but on holiday in Marbella I wore a bikini. I got a few funny looks, but I didn't care – I was glad to be alive!

When I finally parted company with my 'accessory' (after doctors created a bowel out of my small intestine) I was left with extensive scarring, but that hasn't put me off showing my body. Why should I hide my scars? They're part of who I am.

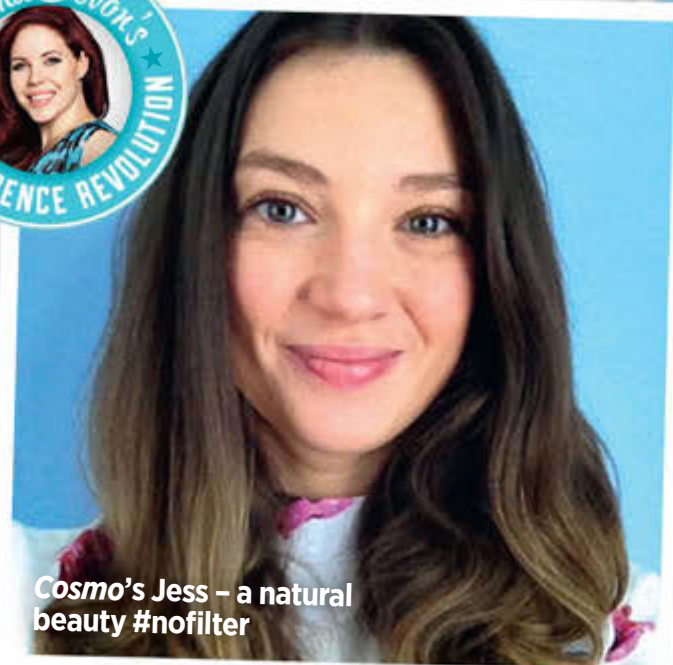
I'm back at work now and I'm determined to live life to the full, although these days I can only eat foods like pasta and bread. I want women to know you're gorgeous no matter what size you are or what scars you have.

• For more information visit Crohnsandcolitis.org.uk



Silkyh on holiday in Marbella





Cosmo's Jess – a natural beauty #nofilter



Someone's been at the Aviary app

Are you a #filteraddict?

A new breed of apps promise to 'perfect' our faces in photos. But, asks Natasha, are they making us look good but feel bad?

Do you remember the first time you wore makeup? I was 13 and staying at my much cooler friend Ursula's house. She unleashed a treasure trove of goodies – a foundation at least four shades too dark for my skin, tinted lip balm, liquid liner that she used to draw feline flicks on my eyes, and mascara that she instructed me to apply in a thick layer.

Afterwards, I looked in the mirror and had the most narcissistic moment of my life. I thought I looked *the tits* – and much closer to what I imagined a 'proper' woman should look like.

The next day, I began grooming my eyebrows with Vaseline, and wore the lip balm and mascara regularly (Mum managed to convince me bright-orange

foundation wasn't a good look). Within weeks, I was so used to makeup that when I was told I couldn't wear any to a family party, I burst into tears, insisting I 'didn't look like me' without it. I'd become so reliant on seeing myself with 'enhancements', my actual face just didn't measure up.

This is exactly how I imagine people who regularly enhance their selfies must feel. There's a vast range of apps out there that promise to smooth your skin tone, banish blemishes and wrinkles, brighten your eyes and teeth, and even slim down your face. And if you want a subtler look, there are thousands of YouTube tutorials

available promising to teach you how to 'perfect' photos yourself.

But while apps have improved our experiences of shopping, dating and getting the bus, *these* apps can have a negative effect on self-esteem. The

average internet user spends 1,000 hours a year online. If you're on Facebook, you'll spend 70 of those being exposed to the 300 million photos uploaded every day. We're bombarded with images, some of which are our own filtered faces – or at

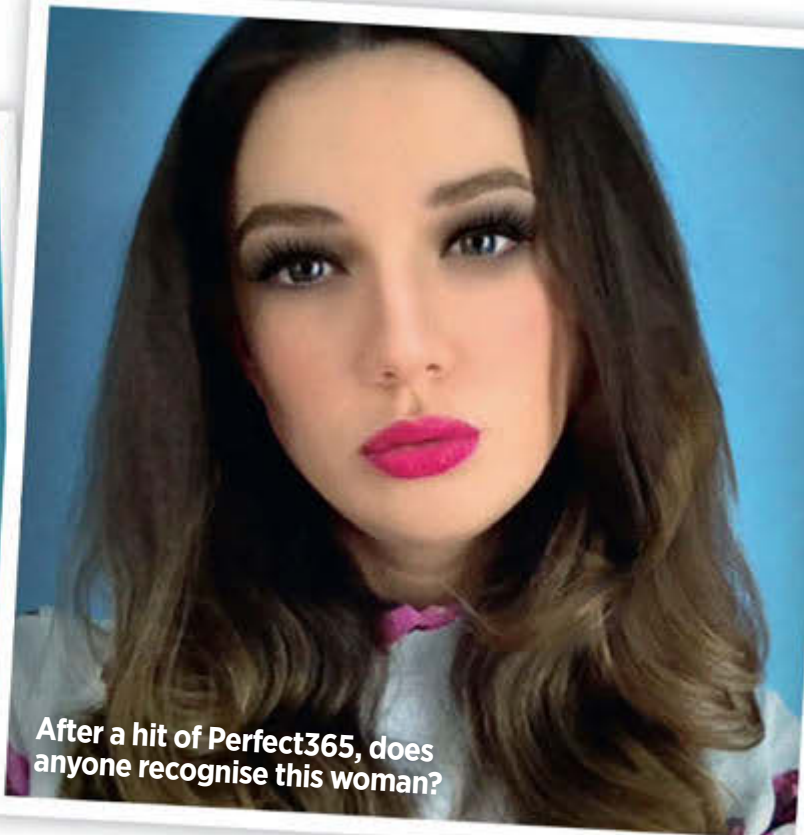
least a 'best' version of us (studies show the average woman takes 12 selfies for every one she posts to social media).

But what effect does it have on our self-worth when we look in the mirror

'My actual face just didn't measure up'



Pout? Tick. Pose? Tick. Photoshop? Definitely



After a hit of Perfect365, does anyone recognise this woman?

in real life and see ‘flaws’ we *can’t* digitally erase? Or when it’s no longer the great-hair day you had when you took your profile photo last summer?

ALTERED IMAGE

Kellie Hill, who campaigns for body confidence through her blog Bigfashionista, knows first-hand that using selfie-perfecting apps can have a negative impact. In fact, it even took its toll on *her* esteem-promoting self.

“While these apps might make you *look* good, they make you *feel* bad,” she says. “You start with, ‘I’ll just soften the bags under my eyes’ and, before you know it, you’re thinning your face and lifting your eyebrows so much that even family members don’t recognise you. In the end, I had to delete all my apps. I want to look back at my pictures and think, ‘I looked good; not, ‘That was a good filter.’”

The Centre for Appearance Research at the University of the West of England, Bristol, is currently studying the effect of prolonged exposure to social networking on young women’s self-esteem. Senior researcher Amy Slater agrees there’s a connection between social media and confidence.

“Early research suggests there’s a link between the time people spend on these sites and body image,” she says. “Those who report spending more time on Facebook and other

social-networking sites have poorer self-esteem and higher levels of depression.” One study found that after spending just 10 minutes on Facebook, women come away feeling worse about their hair, face and skin – perhaps because more photos of people’s faces than bodies are posted on the site.

LIFE THROUGH A LENS

We’re used to comparing ourselves with celebs – but, rationally, we realise that, since they have a team of experts to help them look the way they do, we mere mortals can’t recreate Kim K’s grooming routine. But, these days, we’re just as likely to compare ourselves with our friends as stars – with 936 million daily active users, no news website can compete with Facebook’s feed, which is filled with people we actually know. We ogle and have access to our friends’ lives in the way we used to view celebs. And measuring ourselves against our friends in this way can lead to what psychologists have termed an ‘envy spiral’, in which embellishing photos leads to a never-ending game of one-upmanship.

What’s more, it’s virtually impossible to shake feelings of inadequacy when it’s *yourself* you’re competing against – the one person you’re told it’s OK to be in competition with. Facebook’s ‘Timehop’ function – which launches old photos into our feeds – can make

us feel insecure if we believe we looked thinner/younger/hotter before.

Capturing yourself after spending two hours getting ready for a night out and using the image as your profile pic might seem smart, but could make you feel inadequate when you’re slobbering around in your pyjamas in the future.

Perhaps it’s no wonder many of us feel like we’re on an exhausting quest to build ‘Brand Me’ 24/7 – presenting a perfect image to everyone on the net. Truly letting your hair down could become a thing of the past if we have to be photo-ready at all times in case one of our friends ‘paps’ us.

LOVE WHO YOU ARE

So how can we minimise the potential social media has for messing with our confidence? Going ‘screen-free’ for a day a week can help give some perspective.

Dr Susie Orbach, author of *Fat Is A Feminist Issue*, also urges women to ‘dare to like yourself today’, after she observed it’s only in hindsight most of us look back at (unfiltered) photos of ourselves and see how beautiful we looked.

Everyone’s day is full of tiny triumphs and disasters – we all get spots sometimes and have wrinkles when we smile. While social media allows us to present one side of the story, we’re all faced with our real selves when we look in the mirror. The trick is to love yourself *without* the filters. ♦

NEW



A chocolate dessert you can enjoy anytime

*Skimmed milk from concentrate

Use your loaf



Baffled by the bread aisle? Here's how those slices stack up on the healthy scale...

White

Highly processed and basically devoid of nutrients, white bread often contains sugar, salt and additives too. And it's not only the pre-sliced stuff you have to watch – those 'fresh' white loaves from the supermarket bakery are just as nutrient-poor.

50/50

Because it contains some wholemeal flour, 50/50 bread has slightly more fibre than white, but it's still highly processed and contains added artificial ingredients. It's not the devil, but not ideal either, so keep moving...

Seeded

Seeds boost the nutrient, protein and fibre content of bread, but beware, these loaves are often made with refined white flour. Always check where seeds sit on the ingredients list – if they're in the first line, you're good.

Brown

In theory, the darker the bread, the better for you it is. But be label savvy: the first words in the ingredients list tell you all you need to know. If they say 'enriched flour', it's basically just dyed white bread. Thanks, but no thanks...

Wholemeal

Now we're talking! Bread made with wholemeal flour is a star slice in terms of fibre, vitamins and minerals. But beware of 'wholegrain' and 'whole wheat' – they have no legal definition, so you can't be sure how much goodness you're actually getting.

Sourdough

Made from a natural starter (a special kind of yeast), flour and water. If you're gluten sensitive, sourdough may be a good, more digestible option. Get yours fresh from a bakery, as these tend to shun processing aids and additives.

Rye

Not only is rye bread jam-packed with fibre, it also has a low glycaemic index, which means it won't wreak havoc on your blood sugar. Plus, if you find wheat hard to digest, you'll probably tolerate rye bread much better.

Home-made

Bread only needs four ingredients: flour, water, yeast and salt – and that's pretty much all you get in a home-made loaf. But you can add foods such as nuts, seeds, veg and fruit to boost the nutrient content. We'll toast that!

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let's feel good



Ask Irma

She's the world's best agony aunt and is here for you when your friends can't be



Am I wrong to love this man?

My boyfriend of four years has always been overprotective; all the more so since I got a great new job (he didn't even congratulate me). If I go out he gets in a mood and calls me a 'whore' or criticises the way I dress. He calls my new friends 'slags'. Except for all that, it's a lovely relationship. My friends want me to leave him, but I really love him. He's dominating. He calls you names. He insults your taste in clothes and your friends. He's suspicious whenever you're out of his sight. What on earth is there left to be 'lovely' about this relationship – one that lacks respect, understanding and trust? It sounds as if he's worried by your achievements because they threaten to go beyond his own. Don't let his low self-esteem become your problem; you're worth better than a rude, abusive boyfriend. Of course the decision to leave him must be your own; nevertheless, I'm with your friends – I hope you tell him to get lost.

THOUGHT FOR THE MONTH

Friends are made through shared activities, shared space and shared ideas. So when you move on to a new job or home, some friends will inevitably be left behind. Remember them fondly. Because an unexpected fact of life is that old friends often pop up again later on, and you can reconnect once more.

We got together; now she denies she's gay

I'm a gay woman and I had a huge thing for a friend, but she said she was straight. One night we hooked up, but kept it secret. It went on for almost a year. Then she became cold and updated Facebook to show she had a boyfriend. Do you think I should confront her?

Posting on Facebook is a way for her to publicly assert her heterosexuality and also to tell you (without the trauma of meeting face-to-face) that the relationship is over. She wants to put into cold storage what she learnt about herself and so she has to chill you out too. She might never come out (even to herself) as gay or bisexual and you're a threat because of what you know. The day may come when you meet again as friends, if not sexual partners. But for now, get on with your own tomorrow and keep quiet about what's happened in the past.

Can I really trust him?

I've been with my boyfriend for more than six months. Recently we hit a rough patch but we talked and I thought we'd sorted it all out. The following night he kissed another girl, but admitted it to me the next morning. I believe he's sorry so we had another talk and agreed to work through it. I want to trust him but I'm finding it hard. Can we put it behind us?

Telling you about the kiss suggests he was sorry, yes, and also that you two had not yet worked your way through the rough patch that preceded it. Was kissing that girl *really* the problem? Or was it the symptom of a deeper issue? Trust can't return overnight, but your relationship deserves to be given time. Meanwhile, don't let the open talking stop, but make sure it's about central issues, not distractions from what really matters, which is how much you enjoy each other's company.

CONTACT IRMA

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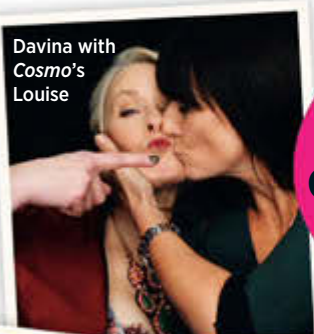
She glows with confidence, happiness and health (and don't even get us started on those abs), so who better to steal feel-amazing tips from than former *Cosmopolitan* Ultimate Woman Of The Year winner Davina McCall? *Cosmo*'s Editor-in-Chief Louise Court will be sitting down with her at our next Hearst Empowering Women event to chat all things fashion, fitness, beauty, confidence, health and well-being – and we want you to join us! You'll walk away with the tips and tricks that keep Davina looking and feeling like the superwoman she is. Oh, *and* a goody bag full of mood-boosting treats worth £50.



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cushion,
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dinner set, £90,
John Lewis

Cabinet, £295, Out
There Interiors

Lamp base,
£75; shade, £36,
Laura Ashley

Clock, £145,
Sweetpea &
Willow

Goblet, £8,
The English
Table

Side
table,
£85, Idyll
Home

Knitted pod, £39.99, Argos

BUDGET
Treat your wallet

Light, £69,
Atkin And
Thyme

Faux-fur
cushion,
£12, Tesco

12-piece dinner set,
£34.99, Argos

Rug, from
£33, Dash
& Albert

Cafetière,
£14, Next

Vase,
£15,
Wilko

Shelving unit, £179.99, Argos

Goblet,
£3.50,
Marks &
Spencer

Table
lamp,
£35,
Tesco

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Homebase

Seeing double

Which funky footstool is £30 the cheaper?



Footstool, £70, Next



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£25,
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Direct

Feel-good factor:
see the world while
helping others

Have sofa
will travel...
(hot man not
included, soz)

Volunteer overseas

There are some pretty hefty bills attached to many of the volunteer schemes we've come across – £2,500 to tag turtles in Belize? Umm, we just need to pay off our student loan first, thanks... Which is why charity International Citizen Service (ICS) is awesome. If you're aged 18-25, you can apply to join 10-12-week schemes funded by the Department for International Development; think helping people with disabilities in Ghana, supporting children's rights in Bolivia or working with youth organisations in Palestine. You're asked to raise *some* money before you go, but staff are assigned to help you do this and none of it comes from your own pocket. All UK-based 18-25-year-olds can apply; visit Internationalservice.org.uk.

TRAVEL FOR FREE

*Yes, there really are ways to become
a globetrotter even if you're broke*

House-sitting

When *Cosmo* recently met someone who had travelled to Chile, Scotland, Mauritius, London and Spain by looking after other people's houses – for free – we knew we had to find out more. Turns out all you have to do is sign up to a reputable site, such as Trustedhousesitters.com or Mindmyhouse.com and trawl through the adverts (three months in Florida looking after a chocolate Labrador? Where do we sign?). Obvs you'll need to provide references, a police check and remember that you won't get *everything* you apply for, but otherwise it's a breeze. We were green with envy when we discovered one UK couple (Laura, 23, and Tanbay, 26) on Trustedhousesitters.com, who've just finished a nine-month stint in Australia and are now back in Europe with placements in Spain, Germany and Italy. A total winner.

Girl's best friend:
a free holiday (OK,
the dog's cute too)

Couchsurfing

Website Couchsurfing.com has revolutionised travel; you can rock up pretty much anywhere in the world now and be guaranteed a room (or sofa) with no hostel or hefty hotel charges. Simply sign up to the site (for free) and you'll have couches in more than 200,000 towns and cities to choose from. Not only is it gratis, it's also a great way of getting to know a destination, with a local on hand to tell you the top shops, bars and restaurants to go to. Worried about safety? Be sure to stay with hosts who've had plenty of good reviews.

"What? You
actually want
me to *clean*
the deck?"

Crew a yacht

Fancy travelling the world on a luxury yacht? We thought so. OK, it's not exactly Beyoncé and Jay Z, but if you help crew a boat, you get to go to some of the exotic locations that they do. Sign up to sites such as Crewseekers.net or Findacrew.net and browse ads asking for, say, a stewardess in the Bahamas or a deck hand to assist on a private yacht in Monaco. Sometimes no sailing experience is needed; just a willingness to help out and a love of adventure.

SUMMER MUST-HAVES

Swing into summer



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Cosmostrology

With Cosmo's psychic astrologer *Jessica Adams*

Cancer 21 JUN-22 JUL

You'll find your best image or profile solution yet this month, following the example of someone who does it so well. A difficult male should be given space. Be organised and you will see what is wrong with a work or education system. A talent of yours will be on display.

Leo 23 JUL-22 AUG

You will keep a big secret right now, or take a role behind the scenes. A man who has problems with marriage wants to confide. The most in-depth subjects will fascinate you and open new doors. A social climber needs kindness. Time to review your diet rules. Are you looking after yourself?

Virgo 23 AUG-22 SEP

Find out more about that house/flat/town/city you are focusing on before making promises. You'll be strongly affected by a new cause or campaign. A brilliant female friend will turn your group or team around, with great results. A man who loves the water issues an interesting invitation.

Libra 23 SEP-22 OCT

Looking for a mentor or guide? A lady at the top of your chosen field will be one if you ask her. Check out your wardrobe – does it send out the right message? A man who says no to everything is not worth the effort. You will be asked to play nanny or animal-sitter, bringing benefits for you.

JULY
HAPPY
BIRTHDAY
Ms Cancer



Scorpio 23 OCT-21 NOV

A woman with lots of overseas experience will help with your European, American or Australasian plans. Don't keep knocking on doors if you're getting nowhere – the universe has better ideas for you. A man who hardly talks has news for you. Meanwhile, snap up a huge travel bargain.

Sagittarius 22 NOV-21 DEC

You are being a saint about a modest role, but don't let it burden you. A self-made woman with big business or property advantages will help you to a cash solution, while a good female friend pushes you into something new – and you won't regret it. Find out more about a man who never replies.

Capricorn 22 DEC-19 JAN

Your former, current or potential partner puts you at a crossroads, but you will be given exactly the right directions from a clever female. Excellent business or shopping opportunities are close at hand. There is no black or white with your work situation, so try to accept it, despite a departure.

Aquarius 20 JAN-18 FEB

The right advice concerning your body, health or a medical dilemma is on tap now. Do not take on any more burdens with friends – you've done enough. Read the fine print on travel offers – they hold more benefits than you realise. A full-time housewife and mum is a good work adviser.

Pisces 19 FEB-19 MAR

It's decision time about the world of babies or children, for you or someone close. Keep your holiday plans flexible. A man with lots of admirers will be hard work, but fun! Keep suggesting the obvious answer to that stubborn female. A computer connection may prove disappointing.

Aries 20 MAR-19 APR

You'll move, redecorate, reshuffle the household or see some family changes now, with great solutions. A male travel addict proves to be good company. See what you can achieve by swapping with a female colleague. The hard answer is the right one for an older man in your world.

Taurus 20 APR-20 MAY

Your internet project or plan will take off after clever advice from a woman or a female-based organisation. Research a holiday plan more before you commit – you could be offered free accommodation within weeks. A reserved woman will open up and you will realise her problem... men!

Gemini 21 MAY-20 JUN

You'll make one of your smartest money, house/flat or business choices now. Be prepared to change your look after advice from an elegant source. You have too much on your plate and need to ditch the non-essentials. Find out far more about a smooth European – ask the right questions.

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stores are a one-stop shop for everything natural, ethical and environmental: wholefoods, organics, raw foods, allergy-free foods, vitamins, minerals, herbs, amino acids, sports nutrition, essential fatty acids, cruelty-free bodycare, environmental-friendly household cleaners, recycled paper products - some even stock eco-paints, organic clothing and vegetarian pet foods.

Health stores have staff who are qualified and/or experienced in helping with a wide range of health conditions including Acne, Allergies, Children's Health, Digestion, Energy, Fatigue, Hair, Skin & Nails, Heart Health, Joint Mobility, Mood, Menopause, Men's Health, Mouth

Ulcers, PMS, Sleep Disorders, Sports Performance, Urinary Health, Weight Control, Women's Health & much more. Don't be embarrassed to talk about any health concern, they've heard it all before - and helped!

Health food stores come in all shapes and sizes - that's the beauty of independent shops, they are quirky, passionate and individual. A huge improvement on the clone high street chains.

There are more than 1000 independent health stores across the UK, to find your nearest, visit our stockist locator at findahealthstore.co.uk

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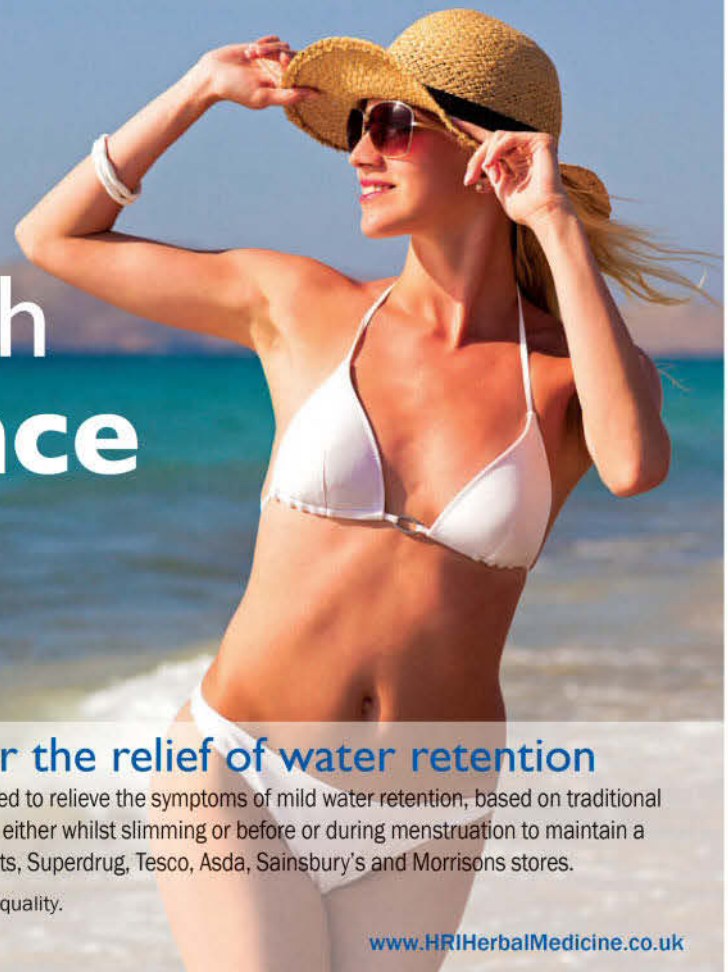
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‘I’M FREEE!’

You can do whatever the hell you want, whenever you want to. With no one to answer to, every decision is your own – and it’s absolutely *marvellous*.

‘I’m hairy and I like it’

You haven’t shaved your legs for a week (and counting), and let’s not even *mention* the state of, um, other areas – but you don’t care. See also: wearing a fleece onesie and massive knickers. They’re comfy, OK?

‘STOP RUBBING IT IN, DAMMIT’

Sometimes it feels like couples are conspiring against you, popping up everywhere just to hug, hold hands, and look super-happy when they’re suddenly the same height on escalators.

‘I HAVE THE WHOLE BED’

And I won’t hesitate to starfish/snore/use half of it for storage... don’t judge.



10 THINGS

THAT SINGLE GIRLS
SECRETLY THINK

‘Stop asking me why I’m single!’

I KNOW I’M A
CATCH – I’M MY OWN
BIGGEST FAN!

‘IF MY BESTIE GETS A BOYFRIEND BEFORE ME THERE’LL BE TROUBLE’

You’ve both been single since time began. If she upsets the status quo, you’ll go batshit. Joking! (Sort of). Don’t leave me!
Hysterical laughter

‘YES! I NEVER HAVE TO SHARE’

YOUR CHOCOLATE, POPCORN, TIME ON NETFLIX OR THE SOFA. TURNS OUT GREED IS GOOD. WHO KNEW?

‘Why isn’t there a foot - massage app?’

It’s Sunday night, you’re *still* hung-over, and you’re in need of a little tenderness. You’d pay a premium for a robot slave right now.

‘I don’t have to suffer his nagging...’

... WHILE YOUR FRIEND’S PHONE BEEPS EVERY THREE MINUTES WITH TEXTS FROM HER OTHER HALF, ASKING WHEN SHE’LL BE HOME. GO AWAY, FUN POLICE.

‘Breakfast for dinner rocks’

When it comes to slobbering out, there’s nobody to judge your life decisions. So if you want to watch *Frozen* – again – while eating a bowl of Coco Pops at 10pm, that’s OK. *Really* OK.



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